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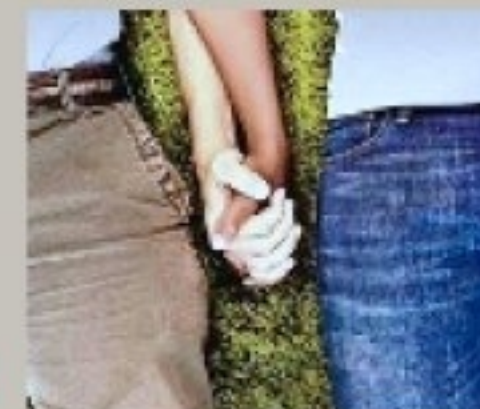
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ISTOCK

Ukrainian dead in Nice, no word yet on Misha

FRANCE

Officials won't confirm fatality is local student

The Ukrainian embassy in Ottawa says one of its citizens died in a deadly truck attack in France last week but won't confirm whether the victim is a missing student studying in Edmonton.

Mykhaylo (Misha) Bazelevskyy, 22, has permanent resident status in Canada, but was travelling on a Ukrainian passport. Bazelevskyy is a fourth-year bachelor of commerce student at MacEwan University who was in Nice for a summer program.

Spokesperson Kostiantyn Kostenko says the embassy is waiting for an official list of victims.

"(When) the French authorities present an official list of victims, we'll know if this person is recognized dead or not," he said.

There are still dozens of people

who haven't regained consciousness from the attack, he added. The embassy will not confirm anything as long as there is the smallest chance that Bazelevskyy is alive, he said.

"We (are) just protecting the family," Kostenko said.

David Beharry, media relations officer with MacEwan, also said he could not confirm whether the death was Bazelevskyy.

Bazelevskyy was one of five students and a faculty member participating in a summer program at the European Innovation Academy. University officials say they were heading to the Promenade des Anglais to enjoy the fireworks, but inclement weather convinced three of them to turn back.

Bazelevskyy and another student were on the promenade when a truck full of weapons plowed into the crowd celebrating Bastille Day last Thursday.

THE CANADIAN PRESS WITH FILES FROM
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PRICES

Battle brewing over beer

The Saskatchewan government says Alberta is not playing fair when it comes to changes on charges for craft and small brewery beer.

Starting Aug. 5, Alberta will charge a \$1.25-per-litre markup for all beer, regardless of the size of the company or where the beer is made.

Last fall, the government announced it was lowering the markup on beer from smaller breweries in Alberta, Saskatchewan and British Columbia as part of the New West Partnership trade agreement with the three provinces.

Don McMorris, minister for the Saskatchewan Liquor and Gaming Authority, says the markup will hurt brewers, namely Great Western Brewing, which is based in Saskatoon.

McMorris says Alberta's move is "offside" with the trade agreement.

He says Saskatchewan Premier Brad Wall will raise the issue with Alberta Premier Rachel Notley at the premiers meeting in Whitehorse, Yukon, this week.

"We have a regional brewing incentive program and a craft brewing incentive program. Every province does. So if there is Big Rock in Alberta, they get the same as Great Western does. We look at it as trade compliant. It's even for all breweries.

"This change in Alberta is significant for Saskatchewan's craft industry and especially our regional brewer."

The Alberta government says it will bring in a grant program to help craft brewers.

Mike Micovcin, president and CEO of Great Western Brewing, said 60 per cent of his company's business is in Alberta. He says his company currently pays 47 cents a litre.

"It's essentially going to push the price of a case of beer up by close to \$7, so it's not something that we could absorb ourselves.

"We're going to have to pass it on to our customers and in turn, on to our consumers, so we're certainly expecting that there's going to be some pretty significant sticker shock and an impact on our sales and production volumes."

THE CANADIAN PRESS

Officials admit inspection delay amid hepatitis scare

NORTHTOWN MEDICAL CLINIC

Alberta Health urges 270 patients to get blood checked



Kevin Maimann
Metro | Edmonton

Lagging inspection of new medical clinics can be partly blamed for a hepatitis scare in Edmonton, according to an official with the College of Physicians and Surgeons of Alberta (CPSA).

Alberta Health Services (AHS) and the CPSA are notifying 270 patients who may have been exposed to hepatitis B and C at Northtown Medical Clinic, after it was discovered during a routine inspection that staff were not properly sterilizing tools there.

The clinic opened in September 2013 and CPSA did not carry out its first inspection until November 2015, when the problem was found.

"There is a lag in time, in terms of the process by which we can identify new clinics," said CPSA Registrar Dr. Trevor Theman.

About 40 to 50 new medical clinics open in Alberta each year, and Alberta Health is in charge of



Alberta Health Services warned Monday that patients may have been exposed to hepatitis B and C at Northtown Medical Clinic. TIM QUERENGESSER/METRO



What they weren't doing was ensuring the sterilizer was meeting the temperatures that were necessary in order to kill any potential pathogens ... Dr. Trevor Theman

notifying CPSA of new facilities so they can carry out inspections.

Theman said he would like to be updated more regularly,

though he also noted Alberta is ahead of the curve when it comes to inspecting all of its clinics.

"I don't know of any other

jurisdiction in Canada that does this," he said.

The Northtown Medical Clinic is an independent family practice not associated with AHS.

Theman said staff at the facility were "not properly trained" in sterilizing equipment used for skin-invasive procedures, like mole removals, skin biopsies and stitching wounds.

"What they weren't doing was

ensuring the sterilizer was meeting the temperatures that were necessary in order to kill any potential pathogens, and they weren't properly using the biologic indicators to indicate that this was being done to appropriate standards," Theman said.

Following the audit, the clinic was ordered to immediately stop reprocessing equipment and shifted to disposable tools.

A joint investigation by the CPSA and AHS concluded in late June, and letters were sent out Thursday to all patients who had procedures done at the clinic up until November 2015. Those patients are now being directed to get blood tests.

AHS Medical Officer of Health Dr. Joanne Oda said the hepatitis risk for those patients remains "very low," however, and there have been no confirmed cases.

The clinic, located at 9450 137 Ave., has passed subsequent AHS inspections and is not believed to pose an ongoing risk.

An Alberta Health spokesperson responded to an interview request with an e-mail, saying the ministry will work with the CPSA to ensure they share information about new clinics when they start operating. "This is understandably concerning, and would be alarming for any patient now potentially at risk for infection," said Carolyn Ziegler.

ANIMAL WELFARE

Vet recommends Lucy the elephant stay at zoo



Ryan Tumilty
Metro | Edmonton

An independent review of Lucy, the elephant living alone at the Valley Zoo, has recommended she stay where she is.

The Canada's Accredited Zoos and Aquariums (CAZA) brought in a British veterinarian, Jonathan Cracknell, as part of the zoo's accreditation process earlier this month.

The Valley Zoo is accredited through the organization, but veers from the regular national standards by keeping Lucy alone.

"That is a variance from our policy that animals be kept in appropriate social settings," said

Massimo Bergamini CAZA's executive director.

Lucy is the only elephant at the Valley Zoo. The zoo has resisted calls to move her to a sanctuary with other elephants, insisting there is a danger she wouldn't survive being moved, because of health conditions.

Bergamini said as part of new rules, the organization will now check on any variances it grants once a year to ensure they are still justifiable.

He said bringing in Cracknell was part of that process.

"We went outside of North America to find a veterinarian that had the background and qualifications to do that," he said. "We wanted them to have unimpeachable credentials."

Bergamini said they asked a European zoo accreditation for recommendations on veterinarians and picked Cracknell because he dealt with a similar situation.

Cracknell worked on the case pro-bono with only his travel expenses covered.

He spent about a week with Lucy, according to Bergamini, examining her and observing her care.

Bergamini said they plan to continue to have an independent veterinarian check-up on Lucy once a year.

"We felt it was important that given how visible Lucy has been, the kind of passions she has generated that there be a process in place."



Lucy is the lone elephant the Valley Zoo. THE CANADIAN PRESS FILE

Scofflaw landlord arrested

POLICE

Abdullah Shah arrested, faces numerous charges



Kevin Maimann
Metro | Edmonton

An Edmonton landlord who owns dozens of properties who has changed his name twice, as well as being convicted of numerous charges in the past, was arrested again on Friday.

Police confirmed Monday they seized ammunition, an edged weapon and stolen property when they executed a search warrant at a property near 93 Street and 111 Avenue and arrested Abdullah Shah, 54, who was formerly known as Carmen Pervez and Gohar Pervez.

The property is the same one police raided in March, when Shah was also arrested.

In that raid officers seized nearly two pounds of meth-



Police officers stand behind drugs seized during a raid in March that led to the arrest of landlord Abdullah Shah. Police arrested Shah again last week after a raid on the same property. METRO FILE

amphetamine as well as dilaudid (an opioid), oxycodone, Ritalin and almost \$9,000 in cash. Police charged Shah,

Sarah Fassman, 36, and Jennifer Vuong, 57, with possession for the purposes of trafficking and possession of

stolen property.

Shah was previously arrested and hit with similar charges last Christmas Eve

after a raid at the same property.

This time around, Shah has been charged with careless use of a firearm/weapon/ammunition, possession of an offensive weapon dangerous to the public, two counts of possession of stolen property under \$5,000, and three counts of breach of recognizance.

His bail hearing is scheduled for Tuesday morning.

Shah was already scheduled to appear in court July 26, under the name Gohar Pervez, to answer to 64 earlier charges relating to his properties under the Public Health Act.

Several local community members have raised concerns about the dozens of rental units Shah controls, and last September Shah launched a defamation lawsuit against them, Coun. Scott McKeen, and the Parkdale Cromdale Community League.

Shah served two years in prison after pleading guilty in 2008, under the name Carmen Pervez, to 54 counts of fraud in relation to a mortgage fraud scheme.

MARKETING

City adopts Pokémon Go to boost tourism

Over the next few days, well known tourism destinations in Edmonton — think art galleries, parks, or other attractions — will be a great place to catch Pokémon.

Edmonton Tourism is the latest organization to see the potential in the smartphone game, and is now spending money to buy Pokémon lures and place them about the city over the next few days.

"Our goal is to get people out and explore Edmonton," said Alex Scuccato, digital media specialist with Edmonton Tourism. "We thought it would be fun to showcase our Edmonton gems. Over the next few days we'll be showcasing different Pokéstops. They could be anywhere that has tourism angle to it."

Scuccato said the platform may be a game but its augmented reality is opening new ideas for advertising and promotion.

"It definitely presents new opportunities that are much more effective than traditional advertising," he said. METRO

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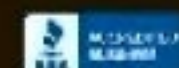
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LRT construction opposed

TRANSPORT

City confident project will proceed despite man's legal bid



Ryan Tumilty
Metro | Edmonton

Activists opposed to the Cloverdale Footbridge being demolished are making a last ditch legal attempt to save it.

Trails around the bridge closed last week and demolition is scheduled for the fall — with plans to build a LRT and pedestrian bridge as a replacement, as part of the Valley Line project. But Eric Gormley is hoping to prevent that.

He has a court date tentatively scheduled for this Friday as part of that hope.

Gormley, who was charged with mischief earlier this year for attempting to prevent work on the project, said they know they are running out of time.

"If we are going to do something from a legal stand point now is the time to do it," he

said. Gormley's mischief charge actually helped bring to light some of the provisions he is relying on to challenge the project's construction.

Those include an agreement from the 1970s that appears to require the provincial government sign off on any development in the Edmonton river valley. He said at the very least the city appears to be violating the spirit of that agreement. He said he wants the bridge preserved because it's unique.

"The pedestrian bridge has the most visitors of any pedestrian bridge in the city," he said. "It's the only bridge in the downtown area that is vehicle free." Gormley said it's not just about the utility of crossing the river, but the bridge's special features that make it a destination on its own.

"It delivers lots and lots of good to the City of Edmonton and I don't know how many public spaces we have that are of this quality."

City spokesperson Quinn Nicholson said he couldn't comment on an active legal matter, but stated that the city is confident the project will continue to roll out "on schedule."



The existing Cloverdale Footbridge is set to come down later this year. METRO FILE

CROWD NUMBERS

Hard rain dampens Stampede

The Calgary Stampede recorded its lowest attendance in 22 years, organizers of the event said Monday, dealing yet another blow for businesses that were hoping for an economic shot in the arm from the annual shindig.

"A lot of small businesses count on having a good Stampede as a high point in their overall year," said Scott Crockatt, a spokesman for the Calgary Chamber of Commerce.

"We've heard from businesses already that this was a weak spending Stampede in terms of meals and entertainment, so we're particularly concerned about an impact on many of the hospitality businesses in Calgary."

Persistent rains are being blamed for cumulative attendance of just 1,088,000 at the 10-day show that ended Sunday, the lowest it has been since 1994, when 1,082,000 came through the turnstiles. This year's total is down about seven per cent from last year and off 13 per cent from the five-year average of 1.23 million.

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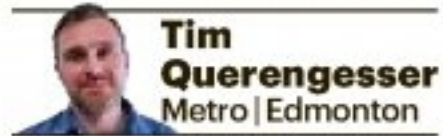
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Project has zero parking spots

CRAWFORD BLOCK

Building designed with just bicycle spaces



Tim Querengesser
Metro | Edmonton

It's not what the Crawford Block has, but rather what it doesn't, that makes it revolutionary in Edmonton.

The micro-apartment development, set to accept tenants in September, has not a single parking stall — and the developer has created that situation on purpose.

"We looked at it and said, 'This is dead centred in one of Edmonton's most walkable, pedestrian dense communities,'" said Chris Dulaba, with Beljan Development. "We thought, 'Does parking even make sense here?'"

After deciding it didn't, Dulaba said Beljan focused on designing a building with

bicycle parking. The added benefit? Costs are much lower than usual and savings will be passed on to residents.

Parking is becoming the elephant in the room for Edmonton developments: Infill developers cite the city's high parking-spot requirements as a barrier to progress.

Meanwhile, developers of larger towers, like the recent 40-storey Emerald pitch, have successfully asked to flout the city's improving design momentum and build above-ground parkades — much to the chagrin of many, including Mayor Don Iveson.

But the 40-unit Crawford Block, a micro-suite rental development that's an extension of the historic building that houses El Cortez, Frank & Oak and Gravity Pope on Gateway Boulevard, is choosing to abandon parking entirely — and Dulaba feels that will become more common for downtown Edmonton in the future.

"The bulk of Edmonton's built form was designed around the automobile," he said. "But as these areas ma-



The Crawford Block, near Whyte Avenue, is a micro-suite rental development that's an extension of a historic building on Gateway Boulevard. TIM QUERENGESSER/METRO

ture and become more accessible to transit, you have to look at things differently."

The question whether vehicle parking is needed for all residential developments has been asked and answered in Calgary, too. In that city,

the answer, for a chunk of the market at least, is very much no, said Joe Starkman, a partner with Knightsbridge Homes.

In 2015, Knightsbridge built the N3, a 167-unit condo without a single parking spot that

made national headlines.

And Starkman said his company fought city bureaucrats for three years to get approvals to build the condo without parking.

Since the idea had never been considered before —

parking has been something of an assumed must-have for a generation or two — Starkman said council was worried residents might overuse street parking or that the units would struggle to sell.

How long did it take to sell the N3? "It took a weekend," Starkman said.

Dulaba said several areas of Edmonton's downtown don't require parking, while many others do. And while Beljan may be a trailblazer, he said the question now is which larger development will take a risk and build big but without parking included.

Starkman said developers are often accused of not keeping up with what people want — many Millennials are flouting car ownership and living close to work — but said it's not that way at all.

"Why are city planning departments reactive and not proactive anymore," he said. "Why, as a developer, should I be coming up with this? One of the biggest problems we have is that transportation planning drives residential planning nowadays."

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ART

Local artist painting endless portraits of Edmontonians



Kevin Maimann
Metro | Edmonton

It started as a way to kill time and turned into something that would never end.

Edmonton artist and comedian Tim Mikula had no job and no money when he made a Facebook post last November offering to paint a portrait of anyone who clicked "like" on his status.

At first there were 80 takers,

and after he posted each one he got more requests.

"It was almost a Sisyphean task at some times, because I would post like 10 portraits that I painted and then I would get like 30 more likes," he said.

It petered out at 363, which wound up stacked in his room until Mile Zero Dance offered to put them up at the Spazio Performativo.

That spurred Mikula to refuel with a goal of covering the performance space walls with his abstract portraits by

the end of summer, as part of the aptly named Endless Portrait Project.

He hopes to keep it going indefinitely and will paint anyone who emails him at endless-portraitproject@gmail.com.



It was almost a Sisyphean task at some times.

Tim Mikula

ALBERTA ECONOMY

Downturn worst in decades

A new report says Alberta's current recession is expected to shrink the economy by more than double the average of the past four recessions.

The TD Bank report released Monday said it estimates Alberta's economy will contract 6.5 per cent over 2015 and 2016, which would widely exceed the 2.7 per cent average retreat of previous economic downturns going back to the early 1980s.

The estimate came after TD

tripled this year's expected GDP decline to three per cent, after factoring in the Fort McMurray fires and a higher than expected drop in industry activity.

"Based on our revised forecasts, the 2015-16 recession is likely to go down in history as one of the most severe using the GDP benchmark," TD wrote.

The 2008-09 downturn approached the current recession in severity with a 5.5 per cent

decline in GDP, but commodity prices quickly bounced back in early 2009, setting the stage for a renewed five-year period of prosperity, TD said.

That isn't expected to happen this time, though. The bank says it's expecting a weaker rebound than normal when Alberta finally starts growing again next year, as oil and gas prices aren't expected to climb high enough to justify new projects.

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Seniors homes seek sponsors

SOCIAL SERVICES

Housing units may be named for corporate donors



Ryan Tumilty
Metro | Edmonton

You could soon be visiting your grandma in the Rogers, Telus or Coca-Cola Lodge.

The Greater Edmonton Foundation, which manages 3,500 housing units in the city, including assisted care, is considering naming sponsorships for new facilities by employing a consultant to determine whether they could name future buildings after individuals or corporate sponsors.

Foundation spokesman Chris Schieman said the request for proposals is just the first toe in the water.

"It's basically looking at what the procedures would be, what the market would be, (and) if this is something that is even feasible for us?"

Schieman said the founda-



Sakaw Terrace, the Greater Edmonton Foundation's next proposed seniors housing facility, could have a different name when it opens depending on the outcome of the review. SUPPLIED

tion has a major challenge ahead as Alberta's seniors population continues to grow.

"We simply don't have enough housing right now to be able to deal with that influx of population," he said.

Schieman said this could be a way for the foundation to

help with that funding.

"The government can contribute only so much through the grants and what-not," he said. "We have to top off the rest."

Schieman said seniors facilities aren't the cultural draws that facilities like the Winspear

Centre or Rogers Place would be, so they are not sure there would be interest in sponsoring the buildings.

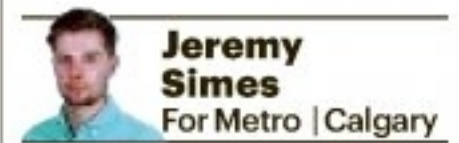
He said the company also want to make sure it doesn't go further than people are comfortable when it comes to naming rights.

"It's paying attention to the community and paying attention to what the residents and some of the staff are going to say about it," he said.

"It's making sure we are not crossing into any uncomfortable territory for anybody."

ENTERTAINMENT

Stampede animal performers get all clear



Jeremy Simes
For Metro | Calgary

Cowboys and chuckwagon drivers played a clean and safe game at this year's Calgary Stampede, and no animals were euthanized as a result of their injuries.

Kristina Barnes, spokeswoman for Western Events and Agriculture, said there were 281 penalty-minute fines of more than \$2,200 this, about a 40 per cent drop from 441 penalty-minute fines of more than \$18,000 last year.

She said the stampede implemented new measures after last year's Rangeland Derby saw four chuckwagon horses euthanized.

Measures include wagon inspections and changed barrel placements to reduce the chance of collisions.

Despite the zero-animal deaths during the rodeo, the Vancouver Humane Society is scrutinizing the Stampede's use of animals for entertainment.



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An evidence photo from April 18 in Winnipeg, presented by the prosecution in the trial of Andrea Giesbrecht on Monday. THE CANADIAN PRESS HANDOUT

Giesbrecht didn't look pregnant: Son

WINNIPEG

Woman on trial over discovery of remains of six infants

A woman accused of hiding the remains of six infants in a storage locker never appeared to be pregnant, her adult son testified Monday.

The son, who cannot be identified under a court-ordered publication ban, also said many women visited the family's Winnipeg home over the years — a statement under cross-examination that could cast doubt on a key piece of DNA evidence in the Crown's case against Andrea Giesbrecht.

Giesbrecht, 42, was arrested in October 2014 after the remains were found in plastic pails, bins and other containers in a U-Haul locker she had rented. The judge-only trial has already heard it is unclear how long the remains had been there, but some were very decomposed.

Medical experts have testified that the infants were at or near full term and were likely to have been born alive.

The Crown has also put forward evidence from an RCMP forensic biologist, who testified that DNA from the

remains matched that of Giesbrecht's husband and a soiled sanitary napkin seized from a bathroom in the Giesbrecht home.

Defence lawyer Greg Brodsky asked the son questions about other women who had been in the home where the Giesbrechts lived for more than a decade.

"There have been women, girls in the house?" Brodsky asked.

"Yes," the son replied.

"You've had parties? Like Thanksgiving dinner?" Brodsky followed up.

"Yes," the son replied again.

There were two bathrooms in the home, and guests frequently used the master bedroom ensuite because the main floor washroom had plumbing problems, the son testified.

When asked by the Crown, and later Brodsky, whether he had ever seen his mother pregnant, the son replied "no."

In April, a former friend and co-worker of Giesbrecht testified that Giesbrecht hid a 1997 pregnancy from friends and family by wearing baggy clothing and frequently talked about self-abortioning. Court was also told Giesbrecht had 10 legal abortions between 1994 and 2011.

THE CANADIAN PRESS

DEFENCE PROCUREMENT

Tories question fighter jet deployment

Eight Canadian fighter jets have been deployed on a massive training exercise in the Pacific, despite Liberal government warnings the country does not have enough such aircraft to defend North America and fulfil its obligations to NATO.

The government says the month-long exercise is critical for training Canadian fighter pilots to work alongside allies — and the planes will return

to Canada immediately if they are needed.

But the Conservatives say their involvement proves Liberal claims of a fighter jet shortage aren't true.

The eight CF-18s arrived in Hawaii at the beginning of July as part of Canada's contribution to the Rim of the Pacific Exercise, or RIMPAC, which has been billed as one of the largest military exercises in the world. Canada is

among 27 countries participating in the U.S.-led exercise, which takes place every two years.

Conservative defence critic James Bezan said the CF-18s' involvement at RIMPAC is evidence the Liberals have made up talk the military is dealing with a shortage of fighter jets to purchase a new plane without a competition.

"It proves the fact Canada can do not just our NORAD

and NATO missions, but we can do these exercises as well," he said. "Anything (Defence Minister Harjit Sajjan) is saying now about a capability gap is a complete fabrication."

The question of whether the military is really dealing with a shortage of fighter jets has become central to the debate that has raged for years over which aircraft Canada should buy to replace its aging CF-18s. THE CANADIAN PRESS

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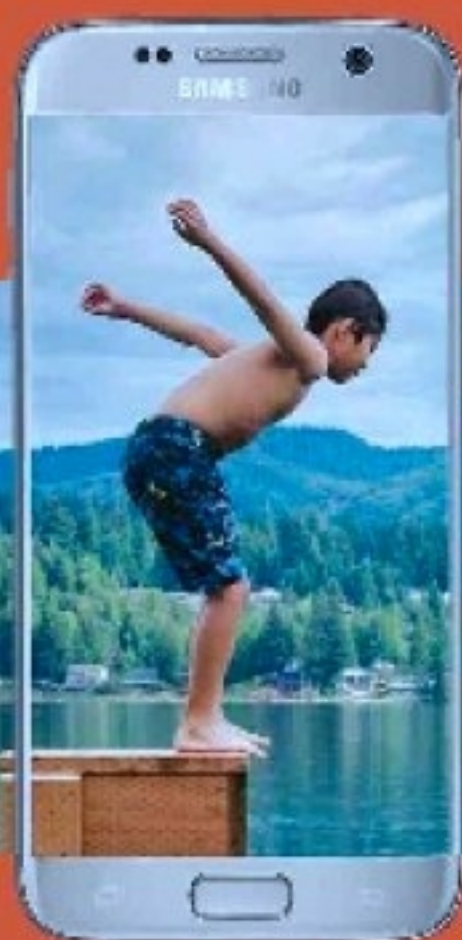
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What's Pokéing around in Canada

Pokémon Go has been in Canada officially for one day, and already it's spurring people and businesses to creativity. Here's some updates on what people across the country are doing with the augmented-reality game.

metro WINNIPEG

Want to hunt more Pokémon more quickly? Want someone to level up your Pokémon Go account? There's a Winnipegger for that.

Crafty 'Peggys are offering their Pokémon Go services to those who just don't have time to bring their Pokémon Go levels up. They've got day jobs, after all.

One Winnipegger is selling his Pokémon Go Level 21 account online for a slick \$600.

A few others are offering to drive Pokémon Masters around the city in an effort to catch 'em all.

metro CALGARY

The weekend after Canada's launch, many Calgarians with keen business sense took to sites like Kijiji to advertise services for those looking to become top trainers overnight.

For a bargain, Kyla Clarkson will keep your PoGo game strong while you're at work. She will take your Pokémon trainer out for an hourly rate and hit up as many Pokéstops as possible.

metro VANCOUVER

Vancouver residents have taken to the streets to hunt for Pokémon, and some businesses are catching more customers by paying extra to lure the virtual reality creatures into their shops, and some Pokémon Go players are taking the bait.

Meanwhile, the organizer of an upcoming youth coding event is promising to spend \$1,000 on lures to attract people to the TUCY Game Jam in North Vancouver.

metro TORONTO

If you're not finding many Pokémon wandering around your neighbourhood, there's a reason for that.

That's because Pokémon Go's geographic database is taken from an earlier game called Ingress, a science-fiction game where two teams battle to control sites known as portals. The location of portals was determined by players, who could submit points of interest to the game's developer, Niantec.

Portals tended to be located at prominent buildings, parks, or other landmarks. METRO

Feds take on gender violence

WOMEN'S RIGHTS

Advocate knows how online threats can seep into real life

It's one of the central ironies of Julie Lalonde's life — an advocate for women's rights working to end gender-based violence and harassment, her work has caused her to experience much of the hate she's fighting to eradicate.

"Imagine every day you get up, and there's someone who just yells obscenities at you. You get in your car and you go to work, and while you're doing that they're yelling obscenities at you ... you sit in your cubicle and they're yelling at you and the same thing happens when you walk home," Lalonde said.

But instead of being delivered in person, the obscenities and harassment she gets are mostly sent online — emails, tweets and messages telling her to kill herself, and posting her address for others to find her. Sometimes, the threats turn real as online harassers show up at her events to threaten her to her face.



"Imagine every day you get up, and there's someone who just yells obscenities at you."

Julie Lalonde

Julie Lalonde's advocating against gender-based harassment has led to her experiencing it online.

TORSTAR NEWS SERVICE

Lalonde is the developer and manager of Draw the Line, a campaign focused on helping bystanders intervene when they see sexual violence. She's also known through her personal women's rights advocacy on social media.

Now, she's hoping that an announcement by Status of Women

Minister Patty Hajdu that the federal government is developing a strategy to curb gender-based violence means she and women like her will see an end to harassment.

The federal government is aiming to prevent this kind of harassment happening in the future. At an event Monday, Hajdu

said the government was launching consultations to develop a strategy against gender-based violence. The strategy will focus on youth and online gender-based violence.

"Although we've made progress ... all of us here today know all too well that we still have a long way to go, particu-

larly when it comes to gender equality," Hajdu said.

Hajdu also announced that funding would be restored to advocacy projects applying under the Women's Program at Status of Women Canada. Advocacy projects saw their eligibility revoked in 2007, a move that saw many women's groups shut down over lack of funding.

The consultations will continue over the summer, and see results in the form of campaigns or legislation starting late 2016 or early 2017, Hajdu said.

Lalonde hopes one of the things that comes out of the consultations is a public campaign teaching the public about the prevalence and danger of online harassment. Beyond that, she wants to see more tools to enable bystander intervention — where people support others who are being harassed.

It's the kind of thing that would take away the onus of dealing with harassment from the victims of harassment to the general public. It's something Lalonde also wishes she had.

"Why does it have to be me? Why can't I have someone supporting me," she said.

TORSTAR NEWS SERVICE



CALGARY 'THAT WAS A BEAUTIFUL LITTLE GIRL' Bubbles floated into a grey sky and sparklers crackled as hundreds gathered in a northwest Calgary park Sunday evening to pay tribute to Sara Baillie and her five-year-old daughter Taliyah Marsman. Baillie's close friends organized the vigil nearly a week after the 34-year-old woman was found dead in her home and an Amber Alert was issued for the little girl. Police found Taliyah's body late Thursday in a rural area just east of Calgary. Jennifer Vonavka described Baillie, her long-time friend, as a hard-working, fun-loving woman with "out-of-this-world" dance moves. "That was a beautiful little girl and she deserved so much more than that.... This is horrific." THE CANADIAN PRESS

Tensions rage in Cleveland



STEVEN GOETZ
METRO'S
REPORTER IN
CLEVELAND

The simmering racial and political tensions gripping the U.S. have the city of Cleveland on edge as it hosts the Republican National Convention this week. Metro was on the scene Monday as two demonstrators from the opposing camps confronted each other over a barrier formed by armoured police. Every day this week, Metro will take you behind the scenes to bring you the faces, stories and issues of the people at the convention.

CAMRY KINCAID

Cleveland native Camry Kincaid was one of the demonstrators confronted by "Brother Jim's" megaphone.

Along with a dozen others, Kincaid led a chant of "Black Lives Matter," effectively drowning out the evangelist's words.

"It felt good yelling so loud no one could hear their hate," Kincaid told Metro. "What people heard was that we matter."

Kincaid said the recent killings of unarmed black men and the murder of police officers in Baton Rouge and Dallas was a wake-up call to the deep divide in the city and country.

"I fear for my life right now, even amongst all these people and the cops here," Kincaid said. "I feel like at any minute, I could find my-



Cleveland native Camry Kincaid, 19, joined a dozen others to chant "Black Lives Matter" at a group of evangelists led by "Brother Jim." STEVEN GOETZ/FOR METRO

self with two bullets in my back."

With so much tension, Kincaid said she didn't know

how the country could come together: "They are trying to incite a race war and it looks like we are headed there."

'BROTHER JIM' GILLES

Jim Gilles, an evangelist preacher from Evansville, Indiana, told Metro he came to Cleveland to "preach the Gospel to protestors."

Well known in evangelical circles for his confrontational tactics, "Brother Jim" took to a megaphone to preach his anti-gay and pro-law enforcement message to hundreds of anti-Trump protestors gathered in a park, just a few blocks from the convention centre.

Standing alongside a half dozen other men carrying banners depicting anti-gay messages, Gilles riled the crowd with homophobic slurs and told them to "follow police instructions" or face the consequences.

"We are a bunch of friends and we get together to preach at events," Gilles said. "We actually helped the police right



"Brother Jim" Gilles confronts anti-Trump protestors in Cleveland with his anti-gay message. STEVEN GOETZ/FOR METRO

there to break up a Black Lives Matter rally."

Gilles was optimistic his efforts and a new Republican president would unite the country.

"The divide ends with Don-

ald Trump being elected and getting law and order back in this country," he said. "We just need to let these people know they can't riot, pillage, steal things, kill people without paying the consequence."

'The world is crazy right now. It is complete chaos'

Fresh out of the police academy, Matthew Gerald was so proud to bring his cruiser home that he stood in the driveway, wiping it down under the hot Louisiana sun. His neighbour Ashley Poe watched as he flicked the blue lights on and off, on and off.

Poe and her husband shared a laugh. The 41-year-old former soldier and Marine looked like an excited kid.

"It's like living out the dream," she said.

Gerald got to live it only for a few months. He was one of three officers gunned down in an ambush Sunday in Baton Rouge, traumatizing a nation already on edge.

In the span of 10 turbulent days, 10 law enforcement officers have been killed by attackers — at a protest march in Dallas, a courthouse in Michigan and now a convenience store in Baton Rouge. Together, the shootings represent the deadli-

est attack on law enforcement in decades.

The officers who died Sunday all lived just outside Denham Springs, a quiet bedroom community across the Amite River from Baton Rouge, which has been in turmoil for two weeks. Tensions rose sharply after the death of Alton Sterling, a black man killed by white Baton Rouge officers after a scuffle at a convenience store. The killing was captured on

cellphone video.

As the nation debates race and policing, this community is mourning three of its sons — all husbands and fathers described by friends as being committed to serving the public.

"These are our families. These are good men. They're the only line of defence between good and evil," Livingston Parish President Layton Ricks said. "We say we don't want to let this evil affect how we live our

daily lives. But it does."

Gavin Long, a former Marine from Missouri dressed in black and carrying extra ammunition, opened fire on officers around 8:45 a.m. Sunday, police said.

The gunfire also killed 45-year-old Brad Garafola, an East Baton Rouge Parish sheriff's deputy and a father of four, and 32-year-old Montrell Jackson, a 10-year veteran of the Baton Rouge Police Department with a newborn baby at home.

Garafola and Gerald were white. Jackson was black, as was the gunman.

"The world is crazy right now. It is complete chaos," Jackson's sister-in-law said. "And it all needs to stop, everything. We all need peace."

Three other officers were wounded. One of them, Deputy Nicholas Tullier, remained in critical condition Monday. The gunman was killed at the scene. THE ASSOCIATED PRESS

COUP ATTEMPT

Friction with West rise as Turkey continues purge



A youth waving a Turkish flag salutes during a rally in Taksim Square in Istanbul, protesting against the attempted coup, early Tuesday. EMRAH GUREL/THE ASSOCIATED PRESS

The purging of thousands of alleged plotters of a failed coup raised tensions Monday between Turkey and the West, with U.S. and European officials urging restraint, while Ankara insisted that Washington extradite an exile accused of orchestrating the plot.

Authorities have fired nearly 9,000 police officers, bureaucrats and others, while detaining thousands more alleged to have been involved in Friday night's attempted coup, the state-run Anadolu news agency reported.

Former air force commander Akin Ozturk, alleged to be the ringleader of the uprising, was put under arrest following questioning by a magistrate along with 25 other suspects, the news

agency said. Ozturk, who has denied involvement and insisted he had tried to suppress the rebellion, appeared in video from Turkish TV looking bruised with a bandage over his ear.

President Recep Tayyip Erdogan refused to rule out bringing back the death penalty, telling CNN: "There is a clear crime of treason."

"If they accept to discuss it then I as president will approve any decision that comes out of the parliament," he said. He said Turks have been calling for the reinstatement of the death penalty because of the increased terror attacks and demand for swift justice.

Anadolu said 8,777 employees attached to the Interior Ministry

were dismissed, including 30 governors, 52 civil service inspectors and 16 legal advisers. Other media reports said police, military police and members of the coast guard also were removed from duty.

During the uprising by a faction of the military, warplanes fired on government buildings and tanks rolled into the streets of major cities before the rebellion was put down by forces loyal to the government.

Erdogan told CNN that he escaped death by only a few minutes before coup plotters stormed the resort in southwest Turkey where he was vacationing last weekend when the coup unfolded.

THE ASSOCIATED PRESS

IN BRIEF

French authorities paint complex picture of attacker

Authorities investigating the truck driver who killed 84 people in a Bastille Day attack painted a complex picture Monday of a man who did not seem devout but had recently become interested in jihadi violence and researched past attacks in France and the U.S. Paris prosecutor Francois Molins, who oversees terrorism investigations, said by all accounts Mohamed Lahouaiyeh Bouhlel drank, ate pork and had an "unbridled sex life." But his computer and phone showed searches relating to Daesh. THE ASSOCIATED PRESS

Walmart bans Visa at three stores

CREDIT CARDS

Retailer says it will extend ban to all locations across Canada

Three Walmart stores in Thunder Bay, Ont., are no longer accepting Visa, the payment company said Monday as it encouraged its customers to take their business elsewhere.

After months of negotiations, Walmart said last month it would eliminate Visa as a payment option at those stores because it believes it pays the retail giant too much in merchant fees. The company has promised to extend the ban on Visa cards to its 400 locations across Canada, though it has not said when that will happen.

Visa, Canada's largest credit card firm, shot back Monday with a message for Walmart customers. "Until an agreement can be reached in this

commercial dispute, we encourage shoppers to use their cards at the more than 5,200 stores in Thunder Bay that accept Visa," the corporation said in a statement.

Walmart says it pays more than \$100 million in fees annually for customers using credit cards like Visa, MasterCard and Discover.

"The issue is that credit card fees are too high in Canada. We believe Visa's fees should be lower for everyone, whether they are a large retailer, small retailer or a charity," said Alex Robertson, a Walmart Canada spokesman in an email.

Visa says it offered Walmart one of the lowest rates for any merchant in the country but the retailer wanted more.

If it had given in, Visa said, Walmart's merchant fees would have been lower than those charged to local grocery markets, pharmacies, convenience stores, charities and schools.

THE CANADIAN PRESS



A study by live streaming company Twitch attributed 25 per cent of sales of recent video game releases to online broadcasts by video gamers. THE ASSOCIATED PRESS FILE

MARKETING

Spectating is new advertising in promotion of video games

The rise of online audiences watching video gamers stream themselves playing isn't simply a new form of entertainment seen by millions. It's also driving video game sales, and drawing the attention of U.S. regulators.

A study by live streaming company Twitch attributed 25 per cent of sales of releases like the fighting simulator Punch Club and the kill-or-be-killed multiplayer game The Culling to those games being played on Twitch. The study found that viewers were more likely to buy a game within 24 hours of watching a stream of the game in action.

+ WATCHERS

The interactive industry tracker Newzoo said in a February report that over 470 million gamers watch online gaming content on a regular basis and that number is expected to surpass 500 million viewers in 2016.

Many of the most popular streamers with millions of followers are now regularly paid or sponsored by game publishers, a practice that was recently investigated by

the U.S. Federal Trade Commission.

The FTC said on Monday that Warner Bros. will settle charges it deceived consumers by not properly disclosing it paid influencers with big followings on YouTube to promote the action game Middle-earth: Shadow of Mordor in 2014. It said Warner Bros. hired YouTubers such as Felix "PewDiePie" Kjellberg, who boasts over 46 million subscribers, through an advertising agency and instructed them to publish the sponsorship disclosure where consumers couldn't easily spot it.

THE ASSOCIATED PRESS

IN BRIEF

Netflix subscriber growth slowing in the U.S.

Netflix added just 160,000 U.S. subscribers from April through June — the lowest gain since splitting up its video-streaming and DVD-by-mail services five years ago. Management blamed cancellations by subscribers facing price increases of \$2 per month with the expiration of a two-year rate freeze. Netflix fared better outside the U.S., but its gain of 1.5 million international subscribers missed projections.

THE ASSOCIATED PRESS

Fox News parent says Ailes probe not resolved

Fox News Channel's parent company says there has been no resolution to its probe into the conduct of network chief Roger Ailes who is accused by former anchor Gretchen Carlson of forcing her out because she refused to have sex with him. Ailes, 76, has denied the accusations.

THE ASSOCIATED PRESS

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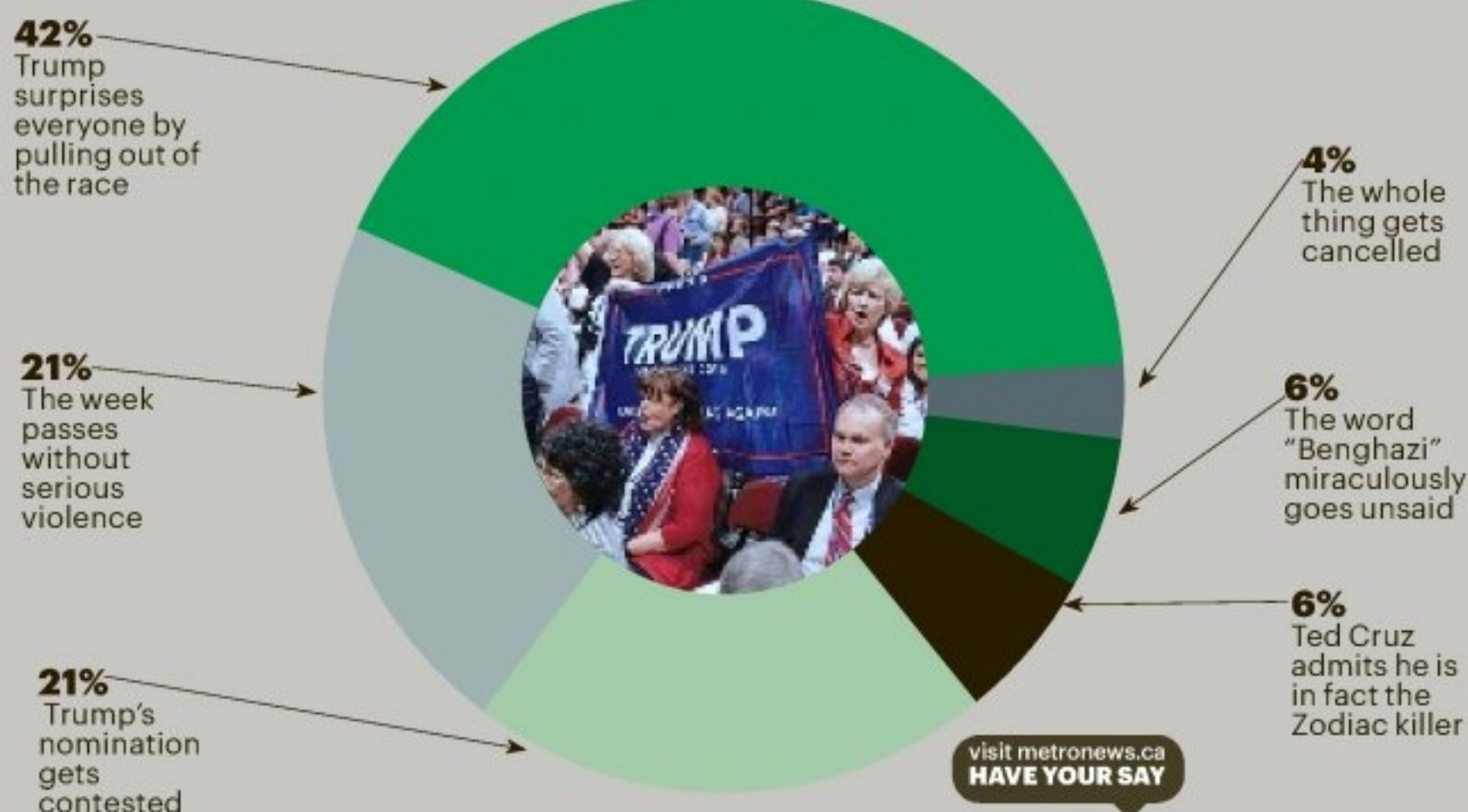
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METRO POLL

What's the best case in Cleveland?

Republicans have gathered for the party's convention, where Donald Trump will (or at least should) get formally nominated for president and the party's platform will be unveiled. In the current climate, many are fearing the worst. But asked you to tell us what would the best-case scenario look like?



ROSEMARY WESTWOOD

A brief message from the Vancouver of the not-too-distant future

Welcome to Vancouver!

We know you'll love your new home, purchased a mere 50 per cent above last year's selling price! What a deal!

The fact that you've opted for a super-slim micro-development — utilizing that once-dead five-foot space in between houses — proves you're a perfect fit for this city of the future. A land of milk, honey, and a homogenous demographic. Quite literally a billionaire's heaven on earth.

The secret to sublime living here really isn't a secret: This city clicks because our citizens do! Everyone is cut from the same cloth — 1,400-thread-count sateen. The celestial vistas this city offers are priceless, because you can afford them! Like Whistler, but bigger. (We knew that would happen.)

It's an incredible story, but it didn't come easy. For years, Vancouver had the frenzied, messy, kaleidoscope populations so many cities suffer from. Then (by design or ignorance, we're actually not sure which) an unencumbered, globalized and predatory real estate market did what no politician could: It unified the city by throwing out the poor! And the middle-class! And the mildly wealthy! Sorry: Relocated. Someone has to serve your coffee and fill your 3rd floor office space, we agree. You just don't have to live alongside them.

Visit the downtown east-side for a hit of urban realism without any of the actual real

drug use, metal bands and street life that use to be there! No more grit, but a TON of exposed brick.

Ride the city's mountains on hover-craft skis and snowboards while your VR glasses imitate real snow!

Take a jog along the seawall and don't worry about running into kids or cumbersome strollers — most of the cities families moved out years ago (back in 2016 when 60 per cent of families threatened to leave the city, turns out they meant it!).

We think it's a safe bet to assume you're new here (most born here can't stay, never-mind the Musqueam, Squamish and Tsleil-Waututh First Nations who actually owned this land).

So here's one last tip: Avoid travel during rush hour, if you can. The public transit system is packed to the gills — no, no, we know you'd never use it! But everyone who used to live here now commutes from service-sector housing an hour away. The trains and buses often break down, but it's not your problem when you're not on them! So just drive one of your four cars outside the hours of 7 to 10 a.m. and 4 to 7 p.m., and you'll find Vancouver is the epitome of luxury living.

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What city council can learn from Girl Guides

URBAN PARADIS

Danielle Paradis



Last Friday, I spent a day at Camp Woods in Sylvan Lake, speaking to Girl Guides as the artist-in-residence. As a kid, I always wanted to be a Girl Guide, so when I was asked to come out for the day, for Guiding Mosaic 2016, I was thrilled.

Who knew I'd leave thinking the Girl Guides could teach our city council a thing or two?

It rained most of the week so there were some sprawling puddles of mud. Because the girls are tougher than I am, they weren't complaining. They hiked through the mud and rain cheerfully.

The camp had more than 2,500 girls from seven different countries, as well as 800 volunteers. Everything

was tracked and colour coordinated, so you could tell at a glance what camp a girl came from. Touring through the camp on a golf cart we passed clusters of tents, all well organized.

And it was then I realized this camp wasn't so different from a well-planned city.

So, what was their secret to success for their city? It turned out to be a few Girl Guide laws — ones our own city council might want to consider.

Rule: Build a place for women and girls.

For the Guides this means having everything in place that girls and women need — food, shelter, clothing, but also essential items like pads and tampons.

Cities aren't designed with women (especially those with children) in mind. All you need to do is take a regular sized stroller down the sidewalk, not the double-wide

ones, to see what I mean.

Women still provide the majority of child care and do the majority of the household work, so their need for accessible sidewalks is heightened. Wide, bright streets and walkable neighbourhoods help women move around their city.

Rule: Use your resources wisely. The Girl Guides recycled everything. Even little packets of salt and pepper that usually go untouched were taken and reused. Plates, utensils and plastic wrapping were all neatly separated. A local business partners with them to recycle everything.

Okay, Edmonton is pretty good at recycling, too, but there are some lessons to be learned. The original Blatchford proposal had a \$91-million pneumatic garbage chute and on site biomass burning unit that was to produce heat and electricity

for the area. City Council has decided to proceed without these.

Would the Guides approve?

Rule: Prioritize pedestrian safety.

Girls being girls at camp, one jumped cheerfully in front of the golf cart during my tour giggling, "Hit me!" The driver told me that the cart goes the speed that a butterfly flies, which is about five km/h, so there's not much of a chance of collision.

For most major routes in Guiding Mosaic, barring some mobility issue, people walk where they are going. Imagine a downtown core with this philosophy.

Perhaps the Guides can guide us.

Danielle Paradis loves Edmonton, politics and flowcharts. She tweets @DaniParadis

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Dating and trying to stay positive

RELATIONSHIPS

The risks of sex with HIV have changed, stigma hasn't

Genna Buck
Metro Canada



After eight years of living with HIV, Jason Cole is used to rejection and ghosting. But it still stings. It happened most recently when Cole was chatting with someone on the same-sex dating app Grindr.

"It was a great conversation. And it got as far as the point where we were talking about meeting up. And I actually brought it up with him: 'Hey, have you had a chance to take a look at my profile? He said 'no,'" said Cole, a writer from Brampton, Ont.

The profile is totally upfront. It says Cole is HIV-positive but undetectable: Thanks to antiretroviral treatment, the virus is under control and at very low levels in the blood.

"I didn't hear from him after that. He blocked me."

It wasn't the first time something like this happened. Like many people living with HIV, Cole faces a lot of stigma from potential partners, plus "ignorant" remarks like "How did you get it?" and "At least you don't have AIDS."

"Very few have been from a place of nastiness. It's from a place of fear," Cole said.



People in treatment are living long and healthy lives with HIV and are unlikely to infect others. But fears of the virus persist. ISTOCK

Those fears — and the stigma that comes with them — are out of step with reality.

Thanks to powerful new drugs, there's a vanishingly small risk of passing HIV to another person through sex if the virus is undetectable in the blood. If antiretroviral treatment is combined with condoms, the danger is close to zero.

You're far, far more likely to get it by having unprotected sex with someone who's in the highly contagious early stages of HIV infection, but doesn't know it yet.

This suggests that the tough HIV talk prior to sex shouldn't

necessarily be "What's your HIV status?" But "When was your last HIV test?" and, if the person is negative, "Are you taking PrEP?"

Pre-exposure prophylaxis or PrEP, known under the brand-name drug Truvada, is a daily medication that dramatically reduces the risk of contracting HIV. (In Canada, it's not approved for HIV prevention, but many doctors will still prescribe it to people at high risk).

Paralyzing fears of having sex with HIV-positive people — no matter how safe it is — persist.

Public health messages about HIV prevention that try to scare



We need to build a community that knows the truth about HIV.

Sarah Chown, executive director, YouthCO

people into safer sex contribute to the stigma, said Sarah Chown, executive director of YouthCO, which supports young people living with the virus in B.C.

And stigma, she said, is actually what's driving the epidemic.

"It makes it harder to access information. It makes it harder to talk to doctors and parents.

And it makes it harder to disclose

your status."

"Rejection hurts and it's awful," Chown said. "And it really hurts because we know people with HIV go to great lengths to avoid passing the virus to others."

Being open about your HIV status is not the only way to prevent infecting others, Chown explained. Using condoms, hav-

HIV NUMBERS

0
In a study of 888 European couples with one HIV-positive partner in appropriate treatment, this was the number of new infections among the HIV-negative partners.

92%
The reduction in the risk of HIV infection among people taking pre-exposure prophylaxis (PrEP) medication as directed.

75,500
The approximate number of people living with HIV in Canada.

ing a partner on PrEP, being undetectable and choosing not to have penetrative sex also work.

At YouthCO, young people practice disclosing their status with other HIV-positive peers first.

Some kids strategize by gradually telling their friends and potential partners various facts about HIV in the weeks leading up to the disclosure conversation, Chown said.

But the HIV-positive teenagers she's working with today are not having a "substantially different" experience than eight years ago when she started, she said.

"We need to build a community that knows the truth about HIV, and that is supportive and welcoming to people living with HIV."

HEALTH TREND

Experts raise alarm over youth vaping

Parents and doctors questioning teens about whether they smoke should also be asking if they're using e-cigarettes, which could be a gateway to nicotine addiction later on, says a pediatrician who led a new study.

Dr. Michael Khoury's research involved nearly 2,300 students in Grade 9 in the Niagara region of Ontario. Over 10 per cent of them had used electronic cigarettes, said Khoury, though a national report funded by the Public Health Agency of Canada and released earlier this year suggested the rate of Grade 9

students who have tried e-cigarettes is even higher.

"The most common reason that three-quarters of them used it was to be cool, or it was fun and something new," Khoury said about his research. "That's really concerning because they're clearly not using them for what they're marketed as, which is as smoking cessation devices."

Khoury conducted the study while he was a pediatric cardiology resident at the Hospital for Sick Children in Toronto. It was published Monday in the Canadian Medical Association

Journal.

E-cigarette use is now more common among adolescents than conventional cigarettes, but the practice that mimics the tactile experience of smoking could also renormalize it for youth who've grown up learning about its effects on health, said Khoury, who is currently completing his residency at Stollery Children's Hospital in Edmonton.

He noted that at least two previous American studies have concluded that youth who use e-cigarettes or "vape" are much more

likely to smoke in the future.

E-cigarettes contain a battery, a heating element and a cartridge with a liquid solution that may or may not contain nicotine and other flavours such as cotton candy, peanut butter and jam. Puffing on the e-cigarette heats the solution, creating a smoke-free vapour that is inhaled.

In Canada, e-cigarettes and "e-juice" containing nicotine have not been approved for sale.

Most provinces have created legislation around the sale and marketing of e-cigarettes.

THE CANADIAN PRESS



E-cigarette use is now more common among adolescents than conventional cigarettes, creating concern among health officials as studies have concluded youth who 'vape' are much more likely to smoke in the future. ISTOCK

How to get fit with your pet

TREND

Your best workout bud could be curled up at your feet

Toronto resident Catherine Cameron and Daisy are fitness buddies. They run together a few times a week, and depending on the season, they'll be out snowshoeing or hiking or canoeing. Sometimes, they even do yoga together — although Daisy doesn't know any moves beyond "downward-facing dog," because, well, she is a dog.

Like many dog owners, Cameron has found exercising with her four-legged companion is an essential part of her fitness routine. What began as regular dog walks turned into jogging and running with Daisy, says Cameron.

Eventually, the almost 8-year-old golden retriever started vacationing with the family, be it in Florida or Muskoka. "She became the third kid in the lake," Cameron says. On a regular basis, the sheer number of walks Daisy requires — three to four every day — means Cameron is always on the go. "I get an hour and a half of exercise every day, outdoors, all weather, that I probably wouldn't otherwise get," she



Catherine Cameron works out regularly with her dog Daisy. TORSTAR NEWS SERVICE

says. Having a dog can definitely be a health boost, research shows. One study from the University of Missouri-Columbia found walking a dog on a regular, long-term basis leads to weight loss — an average of 14 pounds for a group of dog walkers over a 50-week period, the study found — and encourages people to walk for longer periods of time.

It's also one of the top ways to meet new people, according to research at the University of Western Australia, which found

the benefits of dog walking include an increase in physical activity and a stronger sense of community. Cameron, who spent 25 years working as a fitness instructor, and Jt Clough, a San Diego-based dog lifestyle

coach and author of 5K Training Guide: Running with Dogs, offered a few pointers on how to

incorporate your dog into your workout.

Ramp up gradually

Going from regular walks to runs with a dog makes sense, but you need to start slowly. "You can't expect a dog who's not a runner to suddenly run great distances or high speed — having realistic expectations is important," says Cameron. Clough says dog owners often make the mistake of doing too much at the beginning, then get frustrated when their dog can't handle it. It's best to start with consistent walking, then move that into a run or integrate running portions into regular walks.

Keep your dog's needs in mind

"It's really important to consider your pet's needs when you're exercising," says Cameron. When she and Daisy run together, it's at a slower pace than when Cameron runs alone — and she keeps an extra water bottle for her running buddy in her water belt. "If she's overheated, a run turns into a brisk walk," Cameron says.

The age of your dog is also important, notes Clough. Puppies shouldn't run on hard surfaces until they're at least a year old — it can cause damage to their bones, she says — while older dogs often start to get sore and begin slowing down.

Think outside the box

Cameron has incorporated Daisy into many activities, from family hikes to canoe trips, which keep them both outside and active.

Even yoga can be fun with a dog, Clough says, since you can train your pooch to do a few stretches with you.

Aside from the fitness boost, it also encourages your dog to be in a calm state, she says. And if you're doing a dog-specific outing — like playing fetch or hitting the dog park — why not incorporate your own workout into the mix?

"Instead of just standing there and throwing the ball, you can run while your dog is getting the ball, or stretch — any kind of movement," says Clough.

TORSTAR NEWS SERVICE

+ CAT CALISTHENICS

Model shares his kitty workout on Instagram

Not a dog lover? More a fan of the feline? Canadian model and actor Travis Deslaurier can show you how to get in some shred time using your cat as a hand weight. He and his pal Jacob The Cat post videos on Instagram where he uses Jacob as a weight to do things like bicep curls and shoulder press. LIZ BROWN/METRO



Travis Deslaurier. INSTAGRAM: @TRAVBEACHBOY

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and nominated some fine establishments over the past few months. Now it's time to crown our winners — and for that, we need to hear from you.

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by community members just like you?

Peruse the list of nominees and get ready to cast your vote. Based on your ballots, the winners will be grouped into three categories: gold, silver, and bronze. And don't forget to encourage your friends, family, and associates to vote as well. This is your chance to rally the troops and use your collective voices to recognize those businesses that have earned your

loyalty over the years.

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Beltone Hearing Aid Centres
Connect Hearing
Hudson's Bay Hearing Aid Center
Living Sounds Hearing Centre
The Hearing Clinic

HEATING & AIR CONDITIONING

Action Furnace Inc.
Reliance The Furnace Company
Weiss Johnson

HOLISTIC HEALTH

Abc Weight Management
Acupuncture Care Holistic Centre
Earth's General Store
Edmonton Clinic Of Naturopathic Medicine
Optimum Health Vitamins
Planet Organic Market
Simply Health
Vitality Health Foods Inc.
Wholebody Health & Nutrition

HOME BUILDER

Carrington
Christenson Developments
Connect Homes
Cove Properties
Coventry Homes
Daytona
Mattamy Homes
Stellar Homes

HOME IMPROVEMENTS

A & S Sim Interiors Ltd.
Abcan Exteriors Ltd
All Weather Windows Ho
Artistic Stairs
B-Wise Contractors
Cabin to Castle

Diamond Contracting Ltd.
Durabuilt Windows
Kangaroo Garage Doors
Lock Surgeon Group of Companies

HOTEL

Coast Edmonton Plaza Hotel
Delta Hotels Edmonton
Edmonton Marriott At River
Cree Resort
Fantasyland Hotel
Meterra Hotel
The Sutton Place Hotel
Varscona Hotel
Waldorf Hotel

INDUSTRIAL SERVICES

A & B Concrete Pumping Ltd.
Acklands-Grainger
Air Liquide
Alberta Drywall & Stucco Supply
Black Cat Disposal
Gregg Distributors Lp
Stantec Engineering
Alberta Blue Cross
Alberta Motor Association
Dalton Timmis
National Home Warranty Group

INTERIOR DESIGN

Above The Bank Interiors
Access Plumbing and Heating Ltd.
Affordable Bathroom

LANDSCAPE COMPANY

Anew View Landscape Construction
Branches Tree Care
Ground Control Property Services
Innovative Landscapes
Kelly's Landscaping

LAW FIRM

A Workplace Law
Adr Institute of Alberta
Duncan & Craig LLP
James H Brown & Associates
Kobewka Stark
McLennan Ross LLP
Miller Thomson
Millwoods Law Office
Patterson Family Law
West Edmonton Law

MASSAGE CLINIC

Acadia Physical Therapy
Alberta Momentum Massage
Carrie'L Salon & Spa
Massage 1ST Therapy
Muscle Matters
Yellowbird Therapeutic Massage Center

MEDICAL CLINIC

1st Choice Health
97st Family Medical Centre
Acadia Physical Therapy
Alberta Brain and Cognitive Development Lab
Kaye Edmonton Clinic
United Medical Center
Wcb - Edmonton
Westgate Medicentre

MOBILE COMMUNICATIONS

Omega Cell Communications
Telus Edmonton
Ups Edmonton
Whyte Communications

MOVIE THEATRE

Cineplex Windermere
Garneau Theatre
Metro Cinema

Princess Theatre

NON PROFIT

Boys and Girls Club
Calican Rescue Foundation
Cross Cancer Institute
Employabilities
Excel Academy
Habitat For Humanity - Edm
Ronald McDonald House
Sight Night Run - Edmonton
Win House
Youth Empowerment & Support Services

OPTICAL STORE

Capital Vision Care
Edmonton Vision Centre
Glasses To Go
Londonderry Eye Care
Smith and Wight Optical
Volunteer Edmonton

PHOTOGRAPHY SERVICES

Abi Photography
Andrew Shaw Photography
Brittanie Kennedy Photography

PHYSIOTHERAPY

Acadia Physical Therapy
Active Physioworks
Capilano Rehab
Life Mark Physiotherapy

PLUMBING

Access Plumbing and Heating Ltd.
Adg Kaban Sewer & Drain Ltd
Affordable Bathroom
The Gentlemen Plumbers of Edmonton

PRINTING COMPANY

Bombshell Tattoo Galerie
Gateway Screen & Press
Rayacom
River Valley Printing Co.

PROPERTY MANAGEMENT COMPANY

Ayre & Oxford
Boardwalk Rental Communities
Broadstreet Properties
Candema Property Management
Canterra Properties Inc
Donewell Property Services
Mayfield Property Management
Midwest Property Management
Neighbors Property Services
Prosolution Building Services

RADIO STATION

99.3 Up! - Radio Station
Cbc Radio Canada - Edm
Now Radio
Sonic 102.9

REAL ESTATE OFFICES

Anthem Properties - Edmonton
Bob Maskell & Associates

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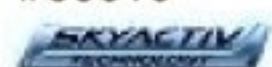
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ALL PAYMENTS INCLUDE FREIGHT & PDE BUT ARE PLUS APPLICABLE TAXES. PRICES ARE NET OF MANUFACTURER CASH REBATES IN LIEU OF SUBVENTED FINANCE REATES. PAYMENTS ON 2016 CX-5 BASED ON 1.49% APR OVER 84 MTHS WITH COB \$1,328.26. PAYMENTS ON 2016 MAZDA3 BASED ON 1.99% APR OVER 84 MTHS WITH COB \$1,195.17. PAYMENTS ON 2016 CX-3 BASED ON 1.99% APR OVER 84 MTHS WITH COB \$1,658.60. PAYMENTS ON 2016 CX-9 BASED ON 3.51% APR OVER 84 MTHS WITH COB \$4,862.13. PAYMENTS ON 2016 MAZDA6 BASED ON 1.99% OVER 84 MTHS WITH COB \$1,879.00. ON APPROVED CREDIT, SEE DEALER FOR DETAILS. OFFER ENDS JULY 31ST, 2016.

Check out the list of nominees and get ready to cast your vote

Century 21 All Stars
Comfree Commission Realty
Exit Realty Solutions - Spruce
Grove
Front Door Real Estate
Kennedy Real Estate
Now Real Estate Group
Re/Max River City
Realty Executives Challenge

REALTORS

Arlie Jespersen
Bob Maskell
Chris Hedstrom
Ed Lastiwka Royal Lepage Noralta
Real Estate
Jason & Kerri-Lyn Holland
Ken Morrison
Mani Bagga
Mary Kozak
Michael Pavone
Sylvia Kozicki
Terry Paranych

RELIGIOUS

Ahmadiyya Muslim Students
Association
Ahmadiyyah Muslim Jama'at
Beulah Alliance Church
Celebration Church
Christ Life Church God's Embassy
Church On 99
Mill Woods Pentecostal Assembly
St. Albert Alliance Church
West Edmonton Christian As-
sembly

ROOFING COMPANY

A Clark Roofing & Siding Lp
AA Roofing
Absolute Attic Insulation
Affordable Roofing
Reid's Roofing

SENIOR CARE

Blue Cross
Rehab and Retreat Seniors Care
Specialists Ltd.
Shepherd's Care At Home
ST. Michael's Extended Care

SPA

Carrie'L Salon & Spa
Life Stiles
Nve Institute
R's Beauty Bar & Spa
Shadified
Spasation Salon and Spa
Youthful Image

STORAGE FACILITY

Place For Your Stuff
Self Store Central
U-Store-It Edmonton

TANNING STUDIO

Bronze Bodies Tanning & Day Spa
Dark Tanning Studio
European Tan



La Bella Sole
Majestic Tanning
Sun Daze

TATTOO STUDIO

Atomic Zombie
Bear's Skin Art Tattoo and Pier-
cing
Capital Tattoo
Dragon Fx
Lucky Strike
Shades of Grey
Shades of Grey Tattoo
Shambhala Tattoos
The Fountainhead Tattoo
Urge 2 Tattoo Studio

TRAVEL AGENCY

Alberta Motor Association
A-Star Tours
Parkland Travel
Travel Gurus

UNIONS

Alberta Federation of Labour
AUPE
CUPE
Iaff

VETERINARY CLINIC

Capital City Animal Hospital
Companion Veterinary Clinic
Crestwood Veterinary Hospital
Granville Veterinary Clinic
Greenbank Veterinary Services
Guardian Veterinary Centre
Millcreek Animal Hospital
Stony Plain Veterinary Clinic

VIDEO GAME STORE

Eb Games
Game City
Nexwave Gaming
Old Strathcona Antique Mall

VISUAL HEALTH (OPTOMET- RIST, LASER CLINICS, ETC)

1st Street Eye Centre
21c Eyelid Laser Clinic
Alberta Association of Optomet-
rists
Alberta Eye Health Clinic
Blue Cross
Eye Q Laser
Fyi (Eye) Doctors
King Lasik
Lasik MD
Mayfield Eye Clinic
Vision Med - Laser Eye Surgery

WEDDING SERVICES

A Modern Proposal Event Planner
Abc Weddings
Aisle Plan Your Day
Aweinspiring Weddings
Fresh Look Events
The Oasis Centre

WEIGHT LOSS

Edmonton Ideal Weight Loss
Jenny Craig
U Weight Loss Clinics
U Weight Loss Clinic-St Albert
Weight Solution Inc
Weight Watchers

WINDOWS & DOORS

All Weather Windows
Award Windows
Barcol Doors & Windows
Cambridge Windows
Durabuilt Windows
Gienow Windows & Doors
Hometech Windows & Doors
Macleod Windows & Doors
Pella Windows & Doors
Saint City Window

YOGA

Above Average Yoga Studio

Lahari Yoga
Redefining Eve
Straight Blast Gym Of Edmonton
West Edmonton Yoga
Yogalife
Yogalife Studios

Entertainment

BRIDAL SHOW

Bridal Expo
Bridal Fantasy

CASINO/SLOTS

Baccarat Casino Edmonton
Century Casino
Northlands
Palace Casino
Pure Canadian Gaming
River Cree Resort & Casino

FESTIVAL

Al Shamal Shriners Circus
Edmonton Burlesque Festival
Edmonton Fringe Festival
Flying Canoe Volant Festival
Nuit Blanche Edmonton
Servus Heritage Festival
The Works Art & Design Festival

GOLF COURSE - PUBLIC

Broadmoor Public Golf Course
Cougar Creek Golf Resort
Dragon's Head Golf Course
Eagle Rock Golf Course
Kokanee Springs Golf Resort
Lewis Estates Golf Course
Links Golf Course
Northern Bear Golf Club
Red Tail Landing Golf Club
The Ranch Golf & Country Club

INTERACTIVE ENTERTAINMENT (ESCAPE ROOMS, LASER TAG, ETC)

Breakout Edmonton
Escape City
Gateway Entertainment Centre
GTFO Escape Entertainment
Intraped Edmonton
Laser City Laser Tag
Laser Quest
Telus World of Science
Wyld Archery

LIVE ENTERTAINMENT

Alberta Ballet Company
Alberta Baroque
Citadel Theatre
Edmonton Magic
Edmonton Opera
Edmonton Symphony Orchestra
Mayfield Inn - Dinner Theatre
The Comedy Factory
The Comic Strip
Yuk Yuk's

LIVE MUSIC BAR/LOUNGE

28 Degrees
DV8
Latitude 53
Starlite Room
Steakout Pizza & Grill

LOCAL TOURIST ATTRACTION

AB Sports Hall of Fame
Alberta Downs
Anderson Tours and Vacations
Dreamspeakers Festival
Fort Edmonton Park
Gateway Entertainment Centre
Jasper Skytram
Marmot Basin
Mountain Park Lodges Jasper
Old Strathcona Farmers Market
Ukrainian Cultural Heritage

Village

NIGHT CLUB

Buddy's
The Druid
The Old Strathcona Rack
The Pint
The Ranch
The Red Piano
The Twisted Kilt
Woody's
Yukon Brewing

RECREATION FACILITY

Bonnie Doon Bowling
Commonwealth Community
Recreation Centre
Marmot Basin
Millennium Place
Northlands

SUMMER CAMPS

Camp Maskepetoon
Camp Meywasin
Camp Quality Alberta
Camp Warwa
Camp Wohelo
City of Edmonton
Discover E - U of A

Food & Drink

BAKERY

Block 1912
Duchess Bake Shop
La Mademoiselle Marvelous Pas-
tries and Cafe
Wild Earth Bakery

BAR

Ampersand 27
Cask & Barrel
Sugarbowl
The Buckingham
The Next Act Pub
Yellowhead Brewery

BBQ FOOD

Meat
Montana's
Pampa Brazilian Steakhouse
Sloppy Hogs Roed Hus
Smokehouse Bbq
Tony Roma's

BEST OVERALL RESTAURANT

Izakaya Tomo
La Boheme
Little India
Padmanadi
Pampa Brazilian Steakhouse
Rostizado
Sugarbowl
Tabletop Cafe
The Next Act Pub
Volcano

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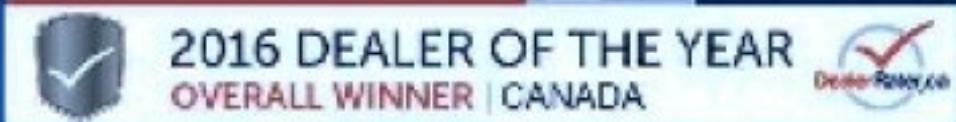
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Check out the list of nominees and get ready to cast your vote

BREAKFAST

ABC Country Edmonton
Albert's Family Restaurant
Cora Breakfast and Lunch
Mill Creek Cafe
Steakout Pizza & Grill
Subway
Sugarbowl
The Fairmont Hotel MacDonald
Urban Diner

BUFFET

Buffet Royale
Little India
Narayanni's Restaurant
Plates

CAFE/BISTRO

Artisan Resto-Cafe
Block 1912
Bru Coffee + Beer House
Cafe Bicycleette
Cafe Select
Elm Cafe
Farrow Sandwiches
La Mademoiselle Marvelous Pastries and Cafe
Tabletop Cafe
Vicki's Gourmet Bistro & Catering

CASUAL FINE DINING

12 Acres Restaurant
Abyssinia
Accent European Lounge
Blue Plate Diner
Cafe Amore
Corso 32
La Boheme
Louisiana Purchase
Rostizado
The Marc

CATERING

Dandy's Services
Nyala Ethiopian Restaurant
Steakout Pizza & Grill
Vicki's Gourmet Bistro & Catering

CHINESE CUISINE

9 Grill Restaurant
Golden Rice Bowl
New Tan Tan Restaurant
Pearl River
The Lingnan
Won Jung Gak

COFFEE

Bru Coffee + Beer House
Coffee Bureau
Credo Coffee
Good Earth Coffeehouse
La Mademoiselle Marvelous Pastries and Cafe
Mike's Bikes
Naked Cybercafe and Espresso Bar
Table Top Cafe
Transcend Coffee
Wild Earth Bakery



CUPCAKES

Crave Cupcakes
Flirt Cupcakes
Fuss Cupcakes
The Art of Cake
Whimsical Cake Studio

DESSERTS

Block 1912
Cococo Chocolatiers
Duchess Bake Shop
La Boheme
La Mademoiselle Marvelous Pastries and Cafe
Little India
Pasta Pantry & Trattoria

EAT IN/CARRY OUT

A Taverna
Abyssinia
Little India
Nando's
Nyala Ethiopian Restaurant
Pasta Pantry & Trattoria
Steakout Pizza & Grill
Sugarbowl
The Next Act Pub
Tres Carnales Taqueria

FAMILY RESTAURANT

ABC Country Edmonton
Albert's Family Restaurant
De Dutch
La Boheme
Little India
McDonalds Edmonton
Nyala Ethiopian Restaurant
Soda Jerks
Steakout Pizza & Grill
Tutti Frutti Frozen Yogurt Canada

FAST FOOD

A&W Edmonton

Burrito Libre
Carl's Jr
Dairy Queen
McDonald's
Nikki's Westmount Food Court
Wendy's Alberta
Wok Box Edmonton

FINE DINING

Il Pasticcio
La Boheme
Normand's Bistro
The Creperie
The Marc
Union Bank Inn

FOOD TRUCK

Attila The HUNgry
Bully Food Truck
Casa12doce
Dedo's Food Truck
Drift
La Poutine
Patty Wagon
Sailin' On Food Truck
Street Eats Mobile Eatery

GROCERY STORE

2u Grocery
Earth's General Store
Italian Centre Shop
M and M Meat Shops
North Central Co-Op
Save On Foods
Sobeys Inc Edmonton
Wild Earth Foods

HAMBURGER

1st Rnd
Burger Priest
Farrow Sandwiches
Steakout Pizza & Grill
The Common

The Next Act Pub

HEALTH CONSCIOUS FAST FOOD

Booster Juice - Edm
Extreme Pita
Jugo Juice Edmonton
Subway

HEALTH FOOD STORE

Amaranth Whole Foods Market
Edmonton
Earth's General Store
Optimum Health Vitamins
Planet Organic Market
Spud.Ca
Wild Earth Foods

INDIAN CUISINE

Bistro India
Daawat
Little India
New Asian Village
Olive Garden
Sagar
The Blue Taj

ITALIAN CUISINE

Acqua Marina Italian Restaurant
Cafe Amore
Chianti Cafe
Corso 32
Italian Centre Shop
Rosso Pizzeria
Sicilian Pasta Kitchen
Sorrentinos
Violino

JAPANESE CUISINE

Izakaya Tomo
Japanese Village
Mikado
Volcano

KOREAN CUISINE

Ginseng Restaurant
Korean BBQ House
Korean Village
Won Jung Gak

MEAT MARKET

Ben's Deli
Careit Urban Deli
Italian Centre
K and K Foodliner
Sandy Lane Meat & Deli

MEXICAN FOOD

3 Amigos Mexican Restaurant
El Cortez
Huma
Julio's Barrio
Rostizado
Tres Carnales Taqueria

PIZZA

Amean Pizza and Donair
Famoso Neapolitan Pizzeria
Grandma Pizza
Love Pizza
Papa John's Edmonton
Pho Huong & Mama Pizza
Rosso Pizzeria
Royal Pizza
Steakout Pizza & Grill
Tony's Pizza Place

PUB

1st Rnd
Accent European Lounge
El Cortez
Rpub
Sherlock Holmes Pub
Sugarbowl
The Druid
The Next Act Pub

SPORTS BAR

1st Rnd
Hudsons
The Canadian Brewhouse
The Pint
Wings Sports Bar & Grill

STEAK

Chop Steakhouse
La Boheme
Lux Steakhouse
Pampa Brazilian Steakhouse
Ruth's Chris Steak House
The Keg Steakhouse & Bar
The Marc
Von's Steakhouse & Oyster Bar

SUSHI

Furusato Japanese Restaurant
I Love Sushi
Ichiban Restaurant
Izakaya Tomo
Mikado
Nomiya
Sumo Sumo
Sushi Garden
Sushi Wasabi
Yokazuna

TEA SHOP

Acquired Taste Tea Co.
Cally's Teas
David's Tea
Steeps
The Tea Girl

THAI CUISINE

Ban Thai
Boualong Laos and Thai Cuisine
Million Thai
Syphay Restaurant
Thai Orchid Restaurant
Viphalay Restaurant

VIETNAMESE RESTAURANT

9 Grill Restaurant
Doan's
Golden Bird Restaurant
Hoang Long
Hoang Long Casual Fare
Lemongrass Cafe
Pagolac Restaurant
T & D Vietnamese Noodle House

WINGS

Brewster's - Edmonton
Earls South Edmonton Common
Sherlock Holmes Pub, Downtown Location
Steakout Pizza & Grill
Wild Wing - Edmonton

Shopping

ANTIQUES

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Maven and Grace
Old Strathcona Antique Mall

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NORTH OF EXTRAORDINARY

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*Limited time finance purchase offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2016 Jetta 1.4T Trendline (#163VF1) base model with 5-speed manual transmission with base MSRP of \$17,620, including \$1,625 freight and PDI, financed at 0% APR for 84 months equals 182 bi-weekly payments starting from \$84 (after application of \$1,000 bonus cash). \$4/tire recycling levy, \$6.25 AMVIC fee, \$1,300 down payment or equivalent trade-in due at signing. Cost of borrowing is \$0 for a total obligation of \$16,647. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Up to \$4,000/\$2,000/\$1,000 bonus cash available to be applied as a discount on MSRP on cash purchase only of select new and unregistered 2016 Touareg models / select Jetta models (excluding the 1.4T Trendline 5-speed manual transmission (#163VF1)) / select Passat models (excluding the 1.8T Trendline (#A322R1)). Discount varies by model. ^Up to \$1,000 bonus cash available to be applied as a discount on MSRP on cash purchase, finance or lease (through Volkswagen Finance, on approved credit) of new and unregistered 2016 Jetta, Golf (excluding GTI and R models), Passat and Golf Sportwagon models. Discount varies by model. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end July 23, 2016 and are subject to change or cancellation without notice. Visit vwoffers.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Jetta", "Golf" and "Passat" are registered trademarks of Volkswagen AG. "Golf Sportwagon" is a trademark of Volkswagen AG. © 2016 Volkswagen Canada.



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Rocky Mountain Antiques
The Junque Cellar
Yellowhead Auctions Ltd

APPLIANCE STORE

Appliances Unlimited
Sears Outlet - Bonnie Doon
Trail Appliances Edm

BICYCLE SHOP

Alberta Cycle
Klondike Sports
Mike's Bikes
Mud Sweat and Gears
Red Bike
United Cycle
Western Cycle

CAMERA STORE

Classic Camera Exchange
McBain Camera
Vistek

CAMPING/OUTDOORS

Black Bull Golf Resort & Rv Park
Cabela's Edmonton North
Cabela's Edmonton South
Campers Village
Mountain Equipment Co-Op-Edmonton
Ocean Sports

CLOTHING SHOP

African Line
Africart Plus More
Mars and Venus
One Stop Biker Shop
Pennington's
Zenwire Inc

COLLECTIBLES

Aaron Buys Gold
Collector's Edge
Old Strathcona Antique Mall
Rocky Mountain Antiques
Value Village Edmonton Recruitment
West Edmonton Coin & Stamp
When Pigs Fly
Yellowhead Auctions Ltd

COMIC BOOK STORE

Happy Harbor Comics
Quantum Comics
The Comic Shop
Variant Comics
Warp One
Warp Two
Wizard's Comics



COMPUTER STORE

A-Computers
Affordable Computer Services
Bcom Computer Centre
Honor Computer Systems
The Source
Westworld Computers Ltd

CONSIGNMENT STORE

Caprice West
Nu2you
Plato's Closet
Value Village Edmonton
Vespucci

COUNTER TOPS

Allstone
Cascade Countertops
Floform
Pf Manufacturing
Riverbend Stone Works
World Stone Inc.

DEPARTMENT STORE

Hudson's Bay
Sears Outlet - Bonnie Doon
T & T Supermarket

FARMER'S MARKET

Alberta Avenue Farmer's Market
Beverly Farmers Market
Callingwood Farmers Market
City Market
Miller Crossing Farmers Market
Old Strathcona Farmers Market
South Common Farmer's Market
Southwest Edmonton Farmer's

Market
St Albert Farmers Market
The Grand Markets

FITNESS EQUIPMENT

Apple Fitness
Flaman
Go Mango Fitness Equipment

FURNITURE STORE - NEW

Big Bo's Furniture and Appliances
Big Comfort
Bodo Wellness Technology Inc.
Cosafina
House 2 Home Furnishings
Luxurious Beds & Linens
McElherans Fine Furniture
Mobler Modern Furniture
Scandia Furniture
XL Furniture
GARDENING CENTRE
Earthtones Garden Shoppe
Ellerslie Gift and Garden
Greenland Garden Centre
Holes Greenhouse
Khulmann's Market Gardens & Greenhouse
Millcreek Nursery
Salisbury Green House
Wallish Greenhouses
Whitemud Garden Center
Worldwide Imports Inc

HEALTH SUPPLEMENT STORE

Firstline Nutrition
Guaranteed Nutrition
Optimum Health Vitamins

Popeyes
Vitality Health Foods Inc.

HOBBY STORE

Axe Music Edm
Droneology
Hobby Wholesale
Jim Bow Archery - Edmonton
River City Yarns
Supply Sergeant
Tabletop Cafe
Wild Bird General Store

HOME DECOR STORE

African Line
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Adamas Goldsmith
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Michael Anthony Jewellers
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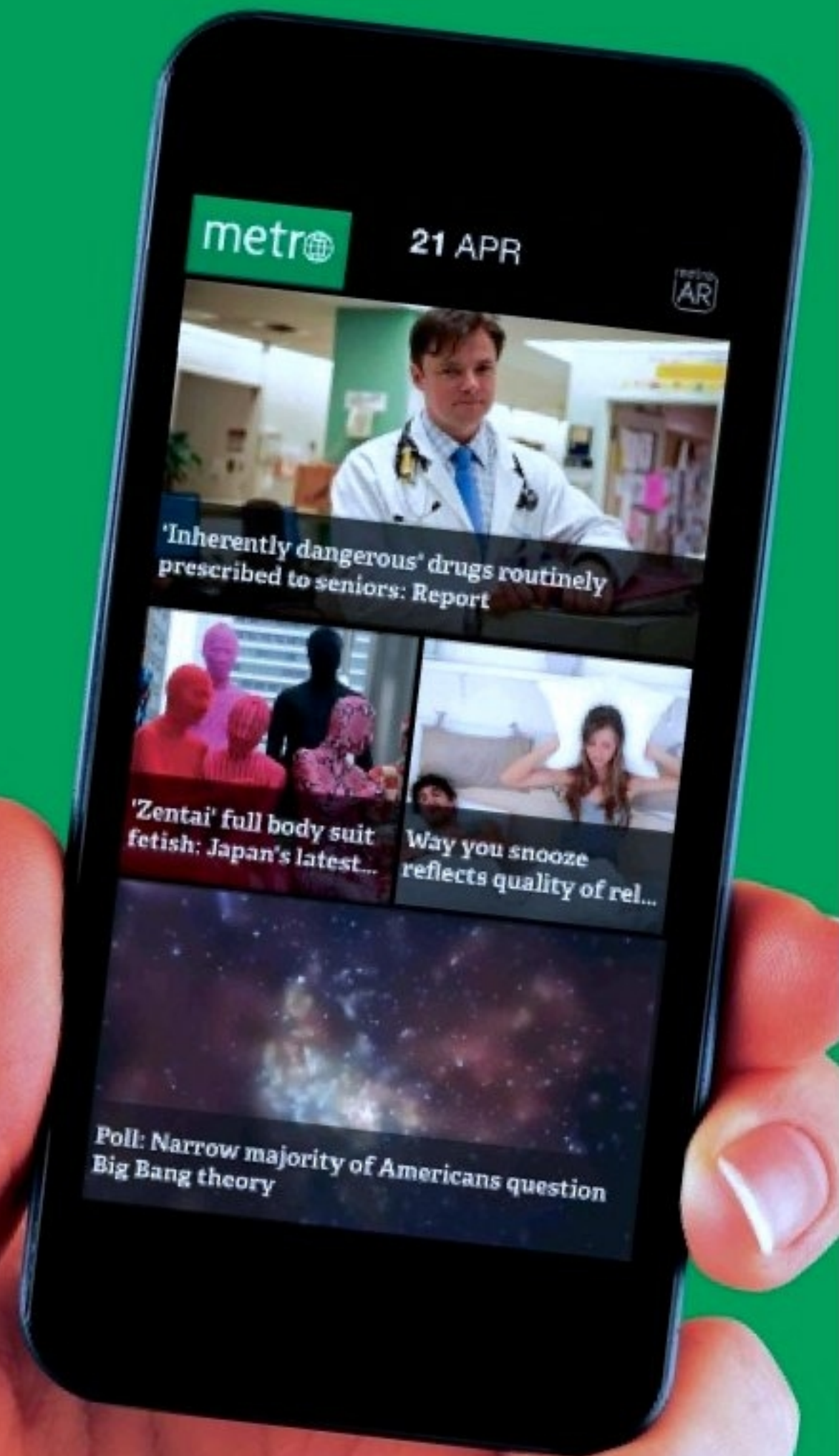
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LEARNING CURVE

Join the club – it will spark friendships and fresh ideas

Life as a college or university student should never be all work and no play. Finding the right balance between downtime, hobbies and study can be tricky but intertwining clubs into your post secondary life can also be very enjoyable when you consider the variety of extracurricular activities available at campuses around the country. Joining a club may even result in you stumbling upon your true calling in life. Most colleges and universities offer a broad range of clubs. These groups may offer something light and enjoyable if you want to switch off and have fun but some also deal with important social and lifestyle issues.

"I sought out extracurricular groups and clubs because it was an interesting way to make new friends and even add value to my

degree," says Jason Garcia, vice president of student life at the student association of Edmonton's MacEwan University. "Another way students get interested is if the club or group is linked to their studies as we have many business groups on campus or if the club is tied in with helping others and volunteering."

If you choose to shun post secondary extracurricular clubs you could be depriving yourself of a better and more diverse resume when life in the workplace rolls around. Additionally, you may not be fully connected with what's going on at your college or university. Not only that but becoming a member of groups also gives you a better idea of where your true passions and strengths lie. Most of all though you will miss out on the sense of community on



ISTOCK

campus that clubs and groups provide. "Social justice is another popular field for students and at MacEwan there is a sexual health club, a feminist group and an LGBTQ group," Garcia continues. "In joining a student group you are able to build on relationships with people who have similar interests who are striving

to make meaningful connections with people. Whether it's for the sake of volunteering or if they study the same thing you do or if you have the same goals. MacEwan has over 90 clubs and I tell new students that getting involved will add a whole new perspective to their time in university."

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Finding joy in community support work

Excel Academy graduate Benjamin Daramola has always had a desire to help others.

Before enrolling in the intensive 17-week community support worker (CSW) program at Excel Academy, Daramola spent his time volunteering in a group home of Catholic Social Services, but was looking to find a way to turn his passion to help into a career.

"Excel is the only agency that operates an academy for this purpose and I had seen the good performance of those that passed through the academy," says Daramola.

Now Daramola is working as a community support worker supporting people with disabilities and enjoys doing it every single day.

"My education has reshaped my view of humans and particularly people with disabilities," says Daramola.

"It has also increased my empathy for the less privileged and the sense to support with respect and dignity of every individual."

Daramola says his goals are to remain in this field and give support as long as he has the strength since it gives him so much



CONTRIBUTED

joy and fulfillment, and recommends Excel Academy to anyone else looking to pursue their passion in this field.

"I can confidently recommend the program and Excel Academy to anyone who wishes to support people with disabilities because the school gives up-to-date and person-centered trainings that will enable one to give positive support to people with varying disabilities," says Daramola.

For more information, visit excelacademy.ca.

**MY EDUCATION HAS
RESHAPED MY VIEW
OF HUMANS AND
PARTICULARLY PEOPLE
WITH DISABILITIES**

– Benjamin Daramola,
Excel Academy graduate



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Get the most out of your final post secondary year

So you've studied hard and progressed through your college or university course the best you can. The final hurdle awaits and at the end of it is the qualification you seek to allow you to compete and earn within your chosen field in the work-place.

Your last year in post secondary however throws up certain dilemmas.

Yes, you want to work hard to ensure you have the best possible chance of achieving your occupational goal but you may also want to savour the time you have left before entering into an indefinite amount of time working a job.

The years leading up to this were spent making great friends and acquaintances and the subsidized, super active party life of a student can be a hard thing to let go of.

Begin with the basics. Just get your work done and do it well but allow yourself an occasional party to enjoy time with friends and network for the future with fellow students.

Keeping up an extracurricular club on the side will also be of benefit to you as a gauge of what you're interested in or as a distraction from study.

It's a balancing act but if you are responsible and manage your time well it should be easy to pull off.

"It's important to start off by having a conversation with yourself and really thinking deeply about what you are most passionate about and what you truly enjoy doing," says Ava Nasiri, president of Alma Mater Society (student union) at UBC Vancouver. "To have a meaningful final year is about finding out what you're interested in, going after it and leaving your mark."

Research is also crucial as the end of your post secondary experience draws to a close so finding out what potential employers are looking for will only help your cause when you walk out the campus gates in search of a job.

Work experience is probably the best method of research so contact employers and ask for a few days work or a mini internship as these will provide you with a taste of lies ahead.

Alternatively, a club or group linked to your studies may also provide some of the knowledge you require.

"Networking may also help you to secure work for after you graduate," Nasiri continues.

"And you can also organize a grad trip along with your classmates and friends to guarantee a special send off. It's different for everyone."



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LEARNING CURVE



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Gain valued skills in the business world

If you're looking for a job in business, which facet of the business world should you pursue?

One option will give you the flexibility to work in a variety of business settings. If you're a business administration manager, you're qualified to work in many different workplaces.

The skills of a business administration professional keep a business running day-to-day.

Your business judgement is valued too. As one of the key operators or assistants at your organization, your insights are important for keeping the operation running smoothly. In your work, you'll identify opportunities to mitigate risks and enhance performance.

Jobs in the field include marketing assistant, bookkeeping assistant, office coordinator and many more. You could pursue any one of these across countless different fields of business.

The hard skills of a business administration manager include managing communications, files and finances. A great business office administrator can use Microsoft Office Suite with their eyes closed, and can operate accounting software like Simply Accounting.

If you don't have these skills now, you can develop them in a great educational program.

The Business Administration Management diploma program at Reeves College is a great first step toward this dynamic career. Graduates come away with solid business skills and knowledge, including invaluable hands-on experience through a practicum.

For more information on the Business Administration Management program at Reeves College, visit study.reevescollege.ca, or call 1-800-533-1457.



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Upgrading health care skills to start a new career

Udayanthi Gunarathne arrived in Canada from Sri Lanka as a permanent resident with her family in March 2016.

Gunarathne is a mother of two children and was a nurse with eight years experience in a government hospital setting before arriving in Canada.

"Since coming here, I have searched for ways to upgrade my qualifications to match Canadian requirements," says Gunarathne.

"As advised by many, I was looking for programs in public colleges and universities. At the end of the search I realized that so-called

public colleges are more interested in money and actually undervalue my post-secondary qualification and experience below the level of the high school standard of Alberta."

She then searched online for other possibilities and this is when she found Academy of Learning Career College.

"I send an e-mail followed by a quick response and an appointment date," says Gunarathne.

"By contrast to public colleges, in Academy of Learning my qualifications were highly

recognized and my eligibility was assessed and I was enrolled before paying a cent."

After enrolling in the health care aide program, Gunarathne felt she was offered an opportunity to explore her talent and skills in this academic environment with a dedicated staff.

Gunarathne hopes to complete this program as an honour student and start a new career in the health care field, with the goal of becoming an LPN in future.

For more information about Academy of Learning, visit academyoflearning.ab.ca.

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If you're looking for a job, one of the best ways to land one is to upgrade your skills. In an office environment, some of the best skills to have are finance-related.

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In financial administration you'll need to have a solid grasp of software including Microsoft Outlook, Word, Excel, Access, and PowerPoint, as well as specialized accounting software like Sage 50.

A great accounting and payroll administration professional will also look beyond the numbers. Individuals who excel in this position take their work a step further, applying their knowledge to make recommendations to the organization.

How do the company's current financial statements reflect on its well-being and what actions can you take to mitigate risk and enhance success.

A great education is where to start if you're looking for a career in financial administration. The Accounting and Payroll Administration



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diploma program at CDI College provides current skills and knowledge to help you access a well-paying position in accounting and payroll administration.

According to the Government of Canada, an accounting clerk in Alberta can make a median wage of \$21.63 per hour.*

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Engineering CAD technicians work on today and tomorrow's mechanical challenges.

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Mechanical design typically involves the use of computer aided design software and tools.

The knowledge about drafting practices, geometric dimensioning and limit of tolerance as well as the understanding of technical standard is the basic philosophy for this career.

For Digital School Technical Design College student Minh Nguyen, becoming a mechanical

engineer has been his dream job since high school.

"Working in a big manufacturing factory, drafting a huge gas pipeline system or exploring a new machine model is always an endless passion and become the dynamic guidance for my dream career," says Nguyen.

"The availability of best technical design college nearby provides the resources for improving my education, but the biggest advantage is the high-tech industry in Canada that creates the excellent working environment for technical designing job to growth up."

For Nguyen to achieve his five-year goal to get himself ahead in the world of technical design, he knows he has his work cut out for him.

"Joining a technical college to take a diploma in computer aided design is the beginning step," says Nguyen.

"Then working in the technical design environment to gain more practical experiences and build up skills, knowledge by courses, seminars... is quite a long way to go, but is it important to move up in the designing field."

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LORIN IPSUM DOLOR SIT

Business skills can take you anywhere you want to go

The business administration management program at Robertson College has been developed to prepare students for careers in a variety of different businesses in the marketplace.

The program combines fundamental business and communication skills with specific skills that are highly sought by employers.

"Our well-rounded curriculum will help students gain working knowledge of the business world from multiple perspectives," says Sarah Patrick, education manager, Robertson College, Edmonton Campus.

"It will provide them with the confidence and understanding to compete in today's job market."

Students of this program are exposed to a wide variety of business subjects including human resources management, entrepreneurship, marketing and economics.

"This program is an excellent choice for any one seeking a future in the business sector," says Patrick.

"Some of our students come to us with previous education in an international setting while for others this may be the first college level program they have ever undertaken."

Patrick says students of this program gain real insight into day-to-day business operations, hiring, firing, marketing, budgets, financial statements, while never forgetting

the importance of the fundamentals such as business communications and computer skills.

A unique aspect of this program at Robertson College is the Capstone.

Students in this program work together in small groups creating a business model where they have the opportunity to apply the knowledge, gained over the last nine months.

"We have been impressed by the variety of ideas and love that the capstone provides a chance to give back to the community," says Patrick.

All profits are donated to a charity of the students choice.

Recent ventures will result in donations being made to the Humane Society and The Red Cross (Alberta Strong).

The business administration management program at Robertson College is an intense 43 weeks of condensed business courses.

The program also includes a practicum (work experience) component, which provides the student with valuable experiential learning.

Employment services are provided to every student to assist with their job search.

The next start date for this program is Sept. 26.

For more information about this program, visit robertsoncollege.com.

"I look to embrace everything about this city and definitely embrace winning": P.K. Subban was officially introduced as a Nashville Predator

COURT

Scout sentenced to prison for hacking

A federal judge sentenced the former scouting director of the St. Louis Cardinals to nearly four years in prison Monday for hacking the Houston Astros' player personnel database and email system in an unusual case of high-tech cheating involving two Major League Baseball clubs.

Christopher Correa had pleaded guilty in January to five counts of unauthorized access of a protected computer from 2013 to at least 2014, the same year he was promoted to director of baseball development in St. Louis. He was fired last summer and now faces 46 months behind bars and a court order

to pay \$279,038 in restitution. He had faced up to five years in prison on each count. Correa will remain free on bond until he reports to federal prison within about six weeks.

Correa read a letter in court before he was sentenced by U.S. District Court Judge Lynn Hughes and he said he was "overwhelmed with remorse and regret for my actions" that cost him his career and his home.

"I violated my values and it was wrong. I behaved shamefully," he said. "The whole episode represents the worst thing I've done in my life by far."

THE ASSOCIATED PRESS

46

Christopher Correa faces 46 months in prison.

NHL

Senators, Rangers trade centreman

The Ottawa Senators are so convinced Derick Brassard will make an immediate impact in their lineup that they gave up a piece of their future to get him.

The Senators traded Mika Zibanejad and a second-round pick in the 2018 NHL draft to the New York Rangers for Brassard and a seventh-round pick in 2018 in a trade announced Monday.

Last season Brassard, a native of nearby Gatineau, Que., led the Rangers with a career-high 27 goals and was second on the team with 58 points.

Brassard, drafted sixth overall



Derick Brassard, left, and Mika Zibanejad GETTY IMAGES

by the Columbus Blue Jackets in 2006, has 127 goals and 343 points through 563 games.

Zibanejad, drafted sixth overall in 2011, leaves the Sens with 64 goals and 151 points through 281 games. THE ASSOCIATED PRESS

IN BRIEF

Twins give GM the pink slip

The Minnesota Twins fired general manager Terry Ryan on Monday, with the team holding the worst record in the American League and on pace to lose 100 games this season.

The Twins entered the day 33-58, 21 games out of first place in the AL Central. Only Atlanta (32-60) had a worse record in the majors.

Rob Antony will take over on an interim basis.

THE ASSOCIATED PRESS

Ronaldo, Messi headline shortlist for UEFA award

Cristiano Ronaldo and Lionel Messi are on the 10-player shortlist to be named UEFA Best Player in Europe for last season.

The 10 candidates also include Real Madrid's Gareth Bale and Toni Kroos, who both reached the Euro 2016 semifinals with Wales and Germany, respectively.

A second round of voting will decide the three finalists named on Aug. 5.

THE ASSOCIATED PRESS



TOUR DE FRANCE SAGAN WINS SPRINT TO THE FINISH LINE Peter Sagan, second from the right, thrusts his bike across the finish line to win the 16th stage of the Tour de France in a photo finish in Bern, Switzerland, on Monday. Alexander Kristoff, right, was a close second while Chris Froome held on to the yellow jersey entering the second and final rest day. The victory was Sagan's third of the Tour. PETER KLAUNZER/KEystone/THE ASSOCIATED PRESS

Anti-doping officials call for Russian ban

OLYMPICS

Scathing report outlines how samples were tampered with

A scathing report detailing a complex system of widespread, state-sponsored doping in Russia — a scheme that included government officials tampering with hundreds of positive samples — has led the World Anti-Doping Association to call for the country's outright ban at next month's Rio Olympics.

An independent inquiry head-

ed by Canadian lawyer Richard McLaren alleges a plan to make positive tests in some 30 sports "disappear" was in force in Russia at least from late 2011 to August 2015.

While Monday's report makes no recommendations for any discipline against Russia, saying that is not its mandate, the WADA executive board called on the International Olympic Committee to ban all Russian teams from Rio. WADA also wants Russian government officials to be denied access to international competitions, including the upcoming Games.

The IOC executive is to meet via conference call Tuesday to

make that decision, which president Thomas Bach said could include "provisional measures and sanctions with regard to the Olympic Games Rio 2016."

He said in a statement that the report showed "a shocking and unprecedented attack on the integrity of sport," and that it "will not hesitate to take the toughest sanctions available against any individual or organization implicated."

The Russian athletics team is already provisionally banned from the Rio Games based on an earlier WADA investigation, although Russia has launched an appeal.

One instance in which the report claims tests were tampered with revolves around a Moscow drug-testing lab at the centre of a system it called Disappearing Positive Methodology.

Urine samples taken at sports events would be referred to the Russian sports ministry where they would be labelled either "save" or "quarantine." The quarantined samples would go through normal testing and be registered with WADA. The saved ones, most of them showing positive results for banned substances, would be substituted with clean samples.

Of 577 samples, 312 were marked "save." THE CANADIAN PRESS

Can you imagine if CSIS was involved in trying to win a water polo tournament, how ridiculous it would seem in Canada? Don't they have better things to do?



Olympic gold medal-winning kayaker Adam van Koeverden

There needs to be some sort of repercussions for this sort of behaviour. We can't trust them for future events.



Canadian race walker Inaki Gomez



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Anthony Rizzo hit his 22nd home run of the season on Monday night. JONATHAN DANIEL/GETTY IMAGES

Cubs finally figure out Mets

MLB

Chicago puts end to losing streak dating back to playoffs

Anthony Rizzo hit a three-run homer, Jon Lester pitched 7 2/3 innings and the Chicago Cubs stopped an eight-game losing streak against the New York Mets with a 5-1 victory on Monday night in a rematch of last year's NL Championship Series.

With one out and two on in the third inning, Rizzo fouled off five straight 2-2 pitches from Steven Matz before driving a changeup deep into the right-centre bleachers for his

MONDAY In Chicago



22nd homer.

The crowd of 41,353 cheered wildly as Rizzo rounded the bases on a picturesque night at Wrigley Field. The All-Star slugger is batting .339 with three homers and 10 RBIs in July.

The last time the Mets had visited the iconic neighbourhood ballpark, they finished off a sweep of the Cubs to advance to the World Series. They swept Chicago again in New York from June 30 to July 3, roughing up Lester for one

of the wins.

This time around was much different.

Lester (10-4) allowed one run — Wilmer Flores' leadoff homer in the seventh — and four hits in his first win in a month. David Ross added a sacrifice fly in the sixth, and Albert Almora Jr. singled in Matt Szczur in the eighth as the NL Central leaders won for the fourth time in five games since dropping five in a row.

Pedro Strop struck out Neil Walker with runners on first and second in the eighth. Hector Rondon replaced Carl Edwards Jr. with two runners on in the ninth and got Travis d'Arnaud to bounce into a game-ending double play for his 16th save.

THE ASSOCIATED PRESS

IN BRIEF

NFL to test new ball tech

The NFL will test computer chips in footballs this preseason to determine how well the balls perform, particularly in the kicking game.

Data collected from the chips also could help with officiating in the future, including goal-line and short-yardage plays.

As part of the league's Next Gen Stats program, the competition committee will review results for potential uses of the data collected.

THE ASSOCIATED PRESS

AFC EAST

RB Foster finds new home in Miami

Four-time Pro Bowl running back Arian Foster took a big step Monday in his comeback from a torn Achilles tendon. He found a team.

Foster agreed to terms on a one-year deal with the Miami Dolphins, agent Michael McCartney confirmed on his Twitter account.

Foster, who spent the past seven years with the Houston Texans, was hurt in Game 7 last year against the Dolphins. He paid a free agent visit to



Arian Foster
GETTY IMAGES

the Dolphins in March and accepted an offer after working out for them Monday. Miami was looking to add depth at running back following the loss of Lamar Miller to the Texans in free agency. Jay Ajayi is expected to start after rushing for 187 yards as a rookie last year.

THE ASSOCIATED PRESS

RECIPE Easy Shrimp Tacos



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

The combination of textures creates a party on your dinner plate.

Ready in
Prep time: 30 minutes
Total Time: 40 minutes
Serves: 4

Ingredients

- 1 lb peeled, deveined shrimp
- 1 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp salt
- 8 tortillas
- 3 Tbsp lime juice
- 1/4 head of red cabbage
- 2 Tbsp lime juice
- 4 Tbsp sour cream
- 2 Tbsp lime juice
- A good pinch of salt
- Sliced radishes, avocado

Directions

1. Peel and devein shrimp and

rinse under cold water. In a shallow bowl, mix oil, garlic, cumin, chili, salt and toss in shrimp. Refrigerate for 15 minutes.

2. Preheat oven to 200 degrees. Wrap tortillas in damp paper towel, place in oven. Slice the cabbage and toss in a bowl with 3 Tbsp lime juice, olive oil and salt to taste. In a small bowl, mix the sour cream, 2 Tbsp lime juice and a pinch of salt to make a crema.

3. Heat a skillet to high, add a little olive oil. Add half of the shrimp. Cook until you see pink around the edges. Flip them over and cook for a couple minutes until shrimp are pink and opaque. Repeat with second batch.

4. Place shrimp, crema, tortillas, cilantro, salsa, sliced radishes and avocado on table and let people build their own tacos.

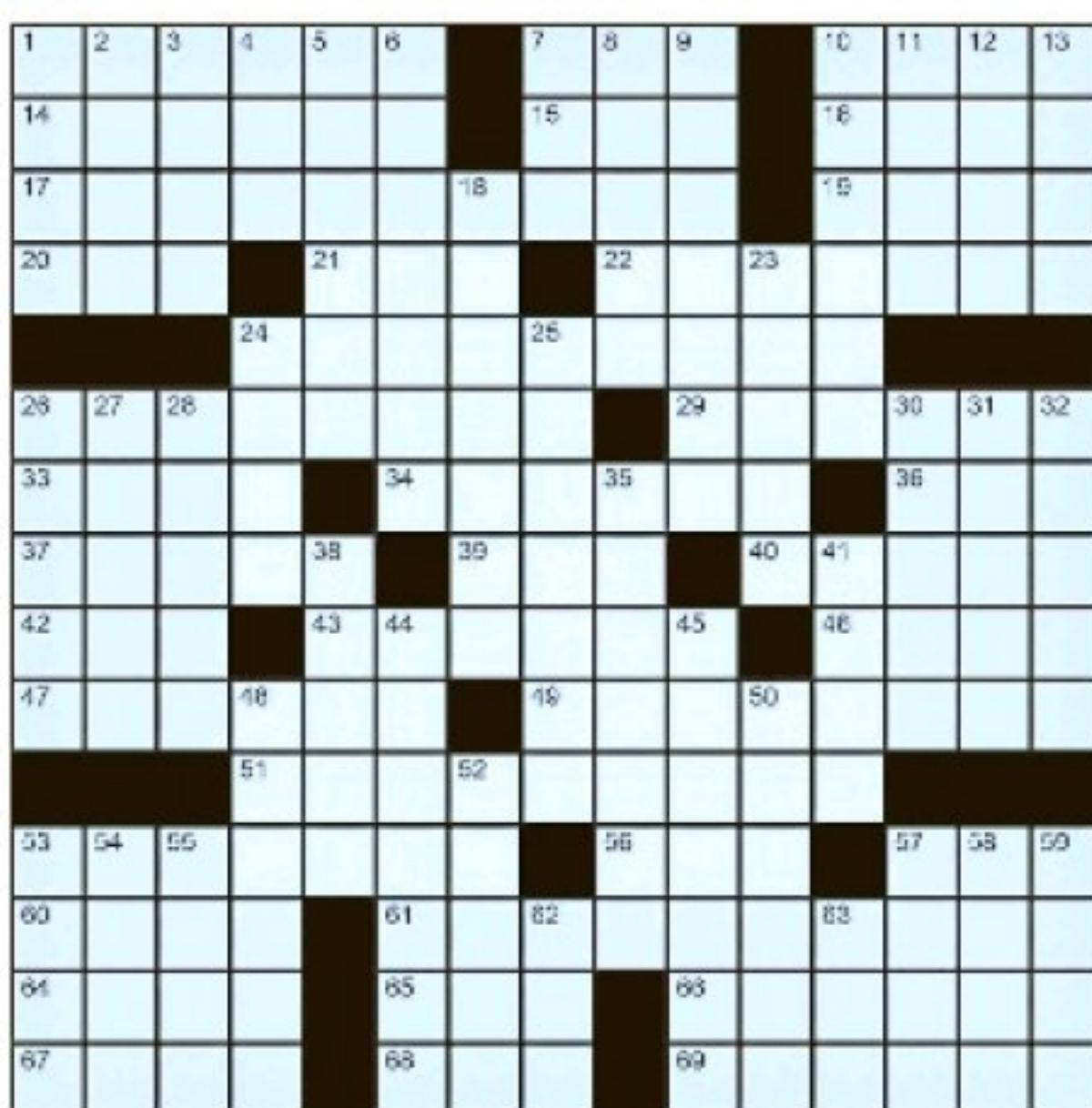
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BY KELLY ANN BUCHANAN

ACROSS

1. Fortify food
7. Egyptian _ (Cat breed)
10. RBI, e.g.
14. German author of The Sorrows of Young Werther
15. Dada artist Jean
16. "Enid" songwriters, _-Robertson
17. Ancient-style sandals
19. Doorway sign
20. Roman sun deity
21. _-washed jeans
22. Niagara-on-the-Lake export: 2 wds.
24. Canadian fashion label launched in 2014: 3 wds.
26. Carmen aria
29. Ground-to-roof contraption
33. Macy Gray hit: 2 wds.
34. Sounds
36. Fruity beverage
37. "Good _" - Charlie Brown
39. "Motor" suffix
40. RCMP ride
42. Mr. Bellows, Canadian star
43. Rik _ Toronto-born member of "Lay It on the Line" band Triumph
46. 25th spelled-out letters
47. 1892 Montreal-founded tea
49. Canadian painter, Jean Paul _ (b.1923 - d.2002)
51. Menu item: 2 wds.
53. Uniquely-titled 1995 adventure movie star-



- ring Robin Williams
56. CFL feats
57. Queen guitarist Brian
60. 1967: "Get _" by The Esquires
61. Hockey book by former Prime Minister Stephen Harper: 3 wds.
64. Nero's 402

65. "Evita" (1996) role
66. Render a rant: 2 wds.
67. 1990s nu-metal band
68. "The War of the Roses" (1989) leading lady ...her initials-sharers

69. Beau and Jeff's dad, and namesakes

DOWN

1. Bad _ (Putrid people)
2. _ contendere (Court plea)
3. Actual
4. " _ be an honour."

5. Contribute: 2 wds.
6. Boost/uplift
7. Psychedelic jacket
8. Antiperspirant brand
9. High-end
10. Released the volcanic lava
11. Andy Kauf-

- man sitcom
12. Opposin'
13. Head: French
18. The _ Capital of British Columbia (Nickname for Victoria)
23. Internet money
24. Showbiz star Danny
25. Hammer-with-prop workers
26. _ Boson, 'The God Particle'
27. Glass-ceiling lobbies
28. _ Building (NYC's songwriting landmark)
30. Ms. Hannah
31. Bygone car named after Henry Ford's son
32. Ms. Wither-spoon
35. Satisfy with sustenance
38. Placed, as paper to the shredder: 2 wds.
41. Needed to pay back
44. Canadian brand of 'Premium Apple Lager': 2 wds.
45. Revealed everything: 2 wds.
48. Neat _ (Tidy)
50. Delicate water-colour
52. " _ Is Enough"
53. Athlete, in slang
54. Reverse
55. Alaska's famous Glacier
57. Jesus' mom
58. During
59. Sures, informally
62. _ judicata (Settled court matter)
63. '60s lettered car

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a tricky day indeed. Be very careful about your relationships with authority figures — bosses, parents, teachers, VIPs and the police. Be courteous. (Don't quit your day job.)

Taurus April 21 - May 21
Avoid controversial subjects like politics, religion and racial issues today. Meanwhile, expect travel plans to be canceled, changed or rescheduled.

Gemini May 22 - June 21
Double-check your bank accounts and expect sudden changes or errors in matters related to inheritances, shared property, insurance issues and debt. Nothing is reliable today.

Cancer June 22 - July 23
Today the only Full Moon opposite your sign all year is taking place. This is just one reason you might be at sixes and sevens when dealing with partners and close friends. Patience.

Leo July 24 - Aug. 23
Matters at work will not go smoothly today, which means you have to be patient with co-workers. Avoid power struggles; just go with the flow.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your children or children you work with. Therefore, you must be vigilant. (Romantic partners must be patient with each other as well.)

Libra Sept. 24 - Oct. 23
Your home routine will be interrupted today. Do what you can to avoid domestic arguments. Small appliances might break down. Expect the unexpected.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so pay attention to everything you say and do. Be careful and think before you speak.

Sagittarius Nov. 23 - Dec. 21
Financial matters are unpredictable today. You might find money; you might lose money. If shopping, count your change, save your receipts and check your bill.

Capricorn Dec. 22 - Jan. 20
Today the only Full Moon all year that is in your sign is happening. This can make relations with partners and close friends upsetting and too emotional. Easy does it.

Aquarius Jan. 21 - Feb. 19
Expect changes at work and in your daily routine. Even your health might cause you concern. (Things will be more normal in 48 hours.)

Pisces Feb. 20 - March 20
A friend might shock you or do something unexpected today. Alternatively, you might meet someone who is a real character. Be careful dealing with others today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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